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THE  
**Mariner's**  
**M E D I C A L   G U I D E;**

COMPRISING

Various Diseases, with their General Symptoms and most Appropriate Treatment, clearly and plainly stated, suitable to any Capacity; also, the different Causes and Preventives of each depending upon Change of Climate. To which is added, a Compendious Plan of a Medicine Chest, stating the Necessary Quantities of each Ingredient, proportioned to the Number of Persons in a Vessel. The whole designed for the Use of Seamen, or Persons unable to procure Medical Aid.

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BY C. F. VANDEBURGH, M. D.

Surgeon Royal Navy.

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LONDON,  
PRINTED FOR BALDWIN, CRADOCK, AND JOY,  
PATERNOSTER ROW.

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1819.

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# DEDICATION.

'Tis hard in such a strife of rules to choose  
The best, and those of most extensive use.

ARMSTRONG.

TO

## Merchants

AND

*CAPTAINS OF TRADING SHIPS.*

THE Author humbly hopes the following work will be peculiarly acceptable, from nothing of the kind having been attempted before; also, from its object being the welfare of that numerous and valuable part of the community, employed in support of national trade and commerce; thereby exposed to varieties of climates and weather, and diseases incident to such mode of life, who, unlike their brethren engaged in the service of defending the rights and property of their country, have always a medical attendant at hand; but with the first-mentioned class, how many have perished on their voyage, for want of timely assistance!

*Thirteen years' servitude in His Majesty's Navy,* has afforded me an extensive field of practice, in almost every climate of the

globe. It may not be known to every individual in whose hands this book may fall, the strictness of the qualifications requisite to hold such an appointment; I shall therefore transcribe an article from "Instructions for the Surgeons of the Royal Navy," issued from the Transport Office.

" He having the charge of the lives of so many useful subjects of this kingdom, who, from crowded accommodations, the nature of their diet, the varieties of weather and climate, and various other circumstances, are liable to infectious fevers, as well as to scurvy and chronic complaints; and also to accidents from wounds or hurts, &c. incident to their mode of life: the guarding against, and countering these evils, will depend very materially on his own resources and promptitude, in applying the most speedy remedies, according to circumstances; and as sickness, in the most favourable situations on shore, in some degree depresses the spirits, much more must it affect his patients on board of ships of war, labouring under so many inconveniences which cannot be remedied. Under these circumstances, it becomes his duty to sooth and clear their minds, by the most humane attention; to hear with patience all their complaints, and redress whatever they may think grievances, by every expression of consolatory kindness, which will naturally inspire them with confidence, exhilarate their spirits, and add to their hope of recovery, to which it cannot fail to contribute."

This has led me more feelingly to deplore the afflictions of patients suffering on board, and more strongly excited in me, an anxious desire to alleviate their distress.

This work has been compiled in a very short time, being entirely the result of my own observations and experience—I have quoted no one's opinion, nor fear any human censure.

'As it is chiefly designed for the benefit of Merchants and Captains, a principle of economy has guided me in the list of Medicines prescribed, that some portion of money commonly expended in a Medicine Chest, may be appropriated to a purpose of far more utility, by providing Wine and Porter, with other trifling articles of less value, so necessary to the recovery of patients afflicted with many diseases; and their not requiring, from indisposition, their usual allowance of food, will contribute to defray the expences of the articles named; but the primary end I have kept in view, has been to write so *clear, plain, and intelligible*, to every class of readers, that any person, upon reference to the book, may instantly determine a case, like a physician of skill, without hesitation; when that is decided, no danger is connected with the treatment; but if that is mistaken, to use a hacknied phrase, "the remedy is worse than the disease."

I have chosen to begin with the symptoms instead of the causes of a disease, mentioning those last to prevent their being connected: I have also annexed a few hints *on diet for the sick*, which I adopted with my own patients on board, and a short Treatise on Preventives against various Disorders, very important to observe in cases of *contagion*, particularly in those infectious diseases of so virulent and distressing a nature as commonly prevail in the *Mediterranean* and East and West Indies.

I have given the Latin as well as English names of the Medicines contained in the chest, with corresponding numbers *on each*, that no errors may arise, and may be replenished in any country, by lending the book ; also, to render the work as useful and complete as possible, I have given some general instructions on the slight operations which can be performed without surgical aid ; likewise upon other subjects, to prevent doubt or uncertainty respecting the time, quantity, or mode of application of any thing recommended.

Dr. Reece and Buchan's Domestic Medicine, it is singular to remark, I have never opened ; however, familiarity with them would not have facilitated my labour in the present instance, the nature of which being so entirely opposite.

Several persons have solicited the efforts of my pen on the present subject, suggesting the usefulness of such work, from which I anticipate the approbation of that part of the community for whom it is intended,

C. F. VANDEBURGH.

20, Cornwallis-street }  
Liverpool. }

## INTRODUCTION

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THOUGH I have dedicated this work to Merchants and Captains, for whom it is principally compiled, in offering it to the Public it may be well to remark, that not being designed for the use of *Medical Practitioners*, physical phraseology has been avoided, and often two words given to express the sense, where it was thought otherwise obscure ; indeed, independent of techinal terms, the plainest, and not the *most elegant*, language has been used, as that would have defeated the general utility and usefulness of the work.



## GENERAL INSTRUCTIONS

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### TABLE of WEIGHTS AND MEASURES.

THE weight used throughout this work is the *Apothecary's* (commonly termed Troy Weight) and is divided into pounds, ounces, drams, scruples, and grains.

The pound	}	contains	twelve ounces
The ounce			eight drams
The dram			three scruples
The scruple			twenty grains
The half scruple			or ten grains

The weights are marked, either with the name on them, or in the following way.

- ʒ one ounce
- ʒ½ half an ounce
- ʒii two drams
- ʒi one dram
- ʒ½ half a dram
- ʒii two scruples
- ʒi one scruple
- ʒ½ half a scruple

The number of *dots* on each weight, is the number of grains the weight consists of.

The measure for the liquids used, is the *Apothecary's* (also termed Wine Measure) and consists of gallons, pints, ounces, and drachms

The gallon	}	contains	eight pints
The pint			sixteen ounces
The ounce			eight drams
The dram			sixty drops

The glass measure is marked thus :—

ʒ for ounce  
ʒ for dram

The number under each mark means so many *ounces* or *drams*. When measuring the liquid it must reach the line upon which the number is placed

To prepare for the accident of the glass measure being broke, the medicine must be calculated by drops, which as before observed, is *sixty*, to make one *dram*, and so the quantity ascertained that is wanting.

*The weights must also be accurately attended to, not to take the wrong, and rather less than more given, as the motion of a vessel, frequently renders it difficult to weigh such small quantities, for persons unaccustomed to it.*

All the Medicines prescribed are intended for persons of *strong habit of body*, and is the *utmost quantity proper* : from the *age of eighteen*, the

*full doses* may be given ; but if *boys*, from *fourteen* to *eighteen*, one *fourth* to be taken off—for instance, instead of four grains, or four drams, three only must be given ; if about the age of *ten* or *twelve*, *half the quantity* for a dose prescribed.

In case of females being on board, one *fourth* must be taken off, as directed from the age of *fourteen* to *eighteen*.

There is one rule which applies to all these directions—that the quantity prescribed according to age, must *in each case* be regulated by the *habit of body*, and *reduced a little if the patient is weakly*.

Let it be also remembered, that the directions do not apply to external applications of any kind.

It is a very common error, for persons to double and treble the quantity of medicine prescribed, from the absurd notion of recovering rapidly ; for instance, taking two or three pills when one is directed, by which means, bad consequences are often produced.

## MIXING THE MEDICINES.

The powders and hard substances, must be first rubbed smooth in the mortar, and the liquid poured in by degrees. All tinctures are to be added last.

In making pills or boluses, great care is requisite not to put too much honey, or the liquid prescribed, *at first*; but a very small quantity at a time, that it may not be too soft to make into pills, or boluses. They should always be rolled in a little *magnesia* or flour, to prevent them sticking together.

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## TO MAKE BARLEY WATER.

Two ounces of pearl barley to a gallon of water, boiled together in a covered vessel, till reduced to three quarts, and strain it.

Where *nitre* is ordered to be dissolved in it, *one dram* is sufficient to the above quantity.

### TO MAKE WATER GRUEL.

Four ounces of oatmeal to one gallon of water : first make the water boil, during which, rub the oatmeal smooth in half a pint of cold water, adding a little at a time ; then gently mixed with the hot, stirring it all the time ; boil it together about five minutes, and strain it.

When *nitre* is ordered to be dissolved in it, *one dram* is sufficient to the above quantity.

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### TO MAKE LINSEED TEA.

Two ounces of linseed to be bruised in the mortar, and boiled in a covered vessel, with a gallon of water, till it is reduced to three quarts.

Where *nitre* is ordered to be dissolved in it, *one dram* is sufficient to the above quantity.

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### TO MAKE LIME WATER.

Take of quick lime two ounces, boiling water three pints : mix, and let it stand in a covered vessel for three hours ; then pour off the liquor, and keep it in a vessel closely stopped.

## A SUBSTITUTE FOR LEMON JUICE.

One ounce of concrete salt of lemons to a pint of cold water, well shook till the salt is dissolved.

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## FEET BATHING.

The water should be as hot as the patient can bear—sea water is always preferable ; if not to be had, a handful of salt should be dissolved in it, and the quantity sufficient to reach nearly to the knees. Ten minutes is long enough to bathe the feet—they must be well dried previous to going to bed.

## B L I S T E R S.

The size of blisters depends on the place they are to be applied ; if on the neck, back, legs, or head, they should be the size of a large saucer ; if for the face or behind the ear, not larger than the circumference or round of a small tea cup. The blister plaister must be spread on adhesive or sticking plaister, with the thumb, spatula, or bolus knife, but not be warmed. When a blister is applied, if not sufficiently risen in sixteen hours, it should remain longer : when taken off, the blisters must be opened with a pointed pair of scissars or lancet, and wiped dry ; if to be kept open, it must be dressed daily with the following ointment : *one part blister plaister and eight of yellow basilicon,* well mixed together ; and when to be healed, with *Turner's cerate,* spread on lint or rag.

### C L Y S T E R S.

The easiest mode of giving clysters, is with a pipe or tube, and bag or bladder, with which the medicine chest prepared from this work is supplied. The liquid prescribed, being of a sufficient heat, should be poured in and tied close: the patient must be laid on his side, belly, or knees, as circumstances will admit: the tube to be carefully introduced in a straight direction into the anus or fundament, previous to which, it should be well oiled. The patient must endeavour to hold his breath, while the bladder is gradually pressed from the top to the tube, till all the liquid is injected.

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### DRESSING ULCERS OR ANY KIND OF SORES.

Cleanliness contributes so much to the cure, that sores should always be well washed with warm water previous to putting on the plaster; and the bandages also be clean at every dressing, and when applied, the compression on the ulcer or sore to be made regular, that is, not tight in one place and slack in another.

## FUMIGATING THE THROAT.

Take half a pint of boiling vinegar, put it in a tea pot, the lid must be perfectly close, and let the patient draw the fume in with his breath. If no tea pot can be had, take a tin pot and put in a funnel that will cover the top, and the patient must draw in the fume through the tube of the funnel.

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## FUMIGATING WITH CALOMEL.

To fumigate with *calomel*, for a venereal ulcer in the throat, put half a dram on a piece of tin, with sufficient fire under it to produce smoak ; a funnel must be placed over the *calomel*, and the fume drawn in with the mouth through the tube.

## ON INTRODUCING BOUGIES.

The patient may either stand or lie ; a middle-sized bougie must be well covered with olive oil, and the *penis* or yard taken in the left hand ; the point of the instrument should then be very cautiously inserted into the *urethra* or passage ; when it meets with obstruction it must be gently drawn backwards and forwards several times ; but if not successful, a smaller bougie must be tried as before, waiting two or three hours ; if this also proves ineffectual, it should be rolled between the thumb and finger of the right hand *after it is inserted*, which will generally overcome the obstruction. The bougie must not be retained longer than the patient can bear without feeling much uneasiness ; if introduced for a *stricture*, it should be repeated morning and night, and when in bed permitted to remain as long as possible.

In some cases a middle-sized bougie will pass when a smaller one cannot, and therefore that size should be always tried first.

## ON INTRODUCING THE CATHETER.

The easiest mode of introducing the *catheter*, is by the patient lying down with his head and knees raised. The catheter must be well covered with olive oil, and the *penis* or yard held in the left hand while the point of it is cautiously introduced into the *urethra* or passage, gently moving it backwards and forwards till it enters the bladder, which may be ascertained by its going so easy ; then the probe enclosed in the catheter must be drawn out, and the urine will flow off, when the instrument may be withdrawn.

## OPERATIONS

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As different operations are mentioned in the following work, which from necessity must be performed without medical aid, I have endeavoured to describe them as clearly and plainly as possible.

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### BLOOD LETTING, OR BLEEDING.

Although this is considered an operation of no importance by the generality of people, great caution is requisite to be observed, as the consequences arising from an unskilful performance have often proved fatal ; for instance, wounding an artery, tendon, or nerve, produces the most dreadful symptoms. Though blood letting is commonly performed on the arm, if the veins prove so obscure as not to be felt or seen, the operation must be performed on the hand or foot, it being little difference from what vein the blood is taken. When it can be done on the arm, the patient must be placed on a seat of moderate height, a vessel being ready, in which is marked the quantity requisite to be taken ; the right arm is the most convenient, as the operator

can then use his right hand ; the arm of the patient must be extended with his hand clenched, having a bandage an inch-and-a-half broad, and two yards long put round his arm two inches above the elbow joint, and tied in a knot behind, over which, a slip knot, or knot with one bow should be made moderately tight, but not sufficient to prevent feeling the pulse at the wrist ; this will bring the veins in view, the most prominent of which must be chosen, at the same time, the one that rolls least ; but if a pulsation be felt under it, another must be fixed on, which is necessary to be carefully ascertained, and no vein opened unless it can be seen ; the lancet should be bent in a right angle, resembling a knife half shut, and held between the fore finger and thumb of the right hand, whilst the thumb of the left is placed a little below, where the opening is intended to be made, to prevent the vein from rolling ; when the puncture is made, the lancet must be pushed forward in an oblique direction, particularly observing the point is not perpendicular, but raising it upwards to make the incision of a sufficient size : it may always be ascertained whether the lancet has entered the vein, by the blood rising against the sides of it ; the thumb of the left hand should now be removed. The blood occasionally stops flowing, therefore the bandage should be made slack or tighter as required, and the patient must

open, and shut his hand, or turn a stick round in it. When a sufficient quantity of blood is taken, the bandage must be removed with the left hand, and at the same time, the thumb of the right hand placed on the *orifice* or opening to prevent the blood from flowing. The part to be washed and the wound closely brought together ; afterwards, a bit of lint or rag (folded) laid over and secured with a bandage above and below the elbow, in the form of the cypher 8 ; the arm should be kept quiet for a day, in which time the wound will generally be healed.

If the patient becomes faint during bleeding, let as much air be admitted as possible and a little cold water given ; should this not remove it, he must be placed in a horizontal position, by which means it will be overcome. Every direction given for blood letting in the arm, is equally applicable to the foot ; therefore, it is unnecessary to make any other observation than having the bandage placed an inch above the ankle.

When blood letting is to be performed on the hand, the bandage or ligature must be placed as directed for the arm.

## ON OPENING TUMOURS IN GENERAL.

Care is always requisite in opening an *abscess* or tumour, that the incision be made on the most prominent part, as the matter will be more easily discharged ; it should also be made *longitudinal*, or downwards, instead of across ; observe likewise, to dress them as soon as possible to prevent the air from penetrating, particularly in an abscess of the lungs and liver.

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### OPERATION FOR A TUMOUR OR ABSCESS IN THE THROAT.

When necessary to be opened it may be done with perfect safety, only great care and attention is requisite. A puncture must be made with a long-handled sharp penknife or lancet wrapped in adhesive plaster, excepting the point. The patient must be placed on a seat of sufficient height, facing the light, and the head held behind by an assistant ; after ascertaining the situation of the tumour, the tongue should be pressed down with a bolus knife or handle of a table spoon with the left hand, while the operator with his right hand cautiously makes the puncture.

Observe not to leave the point of the instrument too far uncovered.

## OPERATION FOR AN ABSCESS IN THE LUNGS

The patient should be laid in a horizontal posture, with his side uppermost where the abscess is formed ; the skin of the tumour should be held firm by the hands of an assistant, while the operator makes an incision with a lancet at the most prominent part, *longitudinal* or downwards, by which means the matter will be more easily evacuated ; it must be dressed as prescribed in diseases of the lungs.

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## OPERATION FOR AN ABSCESS IN THE LIVER.

This operation must be performed in the same manner as an abscess in the lungs, though seated in a different place.

## PREVENTIVES

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As numerous diseases are produced by *intemperance, filthiness, contagion, want of precaution in change of climate, and diet*, such as gross living, I think it highly requisite to give a few hints on preventing the consequences which often occur through slothfulness and neglect.

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## CLEANLINESS

Being so conducive to health in general, that those who pay particular attention to the following hints, will enjoy a greater share of comfort than others, who through sluggishness or different causes, neglect them.

The face, ears, and hands should always be washed immediately after sleeping, and after doing any dirty work. When washing the deck, the shoes and stockings should be taken off, and the trowsers hauled up above the knees to prevent their getting wet. In hot climates body linen should be changed at least twice a week ; when wet through with perspiration or other causes, not al-

lowed to dry on the body, but changed directly, When seamen are wet, they commonly go to bed in their wet clothes, which is at *any time* injurious ; their bedding becomes damp, and is frequently for months without becoming dry again ; it would be therefore advisable to sleep in hammocks instead of bed-places, as the bedding might then be more conveniently taken on deck and dried ; if *it is not wet or damp*, it should be exposed to the air on deck, once a week whenever the weather will permit, and spread on lines or hung separately in the rigging.

In stormy weather, when the habitation of the sailors is battened close down, the air becomes contaminated, which is increased by the severe motion of the ship often admitting water ; thus from humidity and filthiness, contaminated effluvia is produced, from which proceed fevers of an infectious nature ; these are unfortunate circumstances which seamen cannot prevent, however anxiously they may wish it ; to alleviate such distress, I shall point out on the subject of contagion. Bathing, when the weather will permit, is highly serviceable.

## DRESS

Should be calculated agreeable to the climate and season : before arriving in a tropical clime, the clothing must be gradually diminished in warmth, and not changed at *once* upon first reaching the place of destination. In one hour after sunset, and during the night watch on deck, woollen clothing is absolutely requisite, as the dews are so extremely heavy ; and in returning from tropical climates the same rule must be observed, gradually to increase the clothing in warmth ; even upon reaching England in July, after leaving a tropical clime, it is necessary at first to increase the clothing. Flannel should always be worn next the skin, being a preventive to catching cold, in absorbing the perspiration ; therefore, however unpleasant some persons may find it on account of the irritation and itching, they should not go without, as in time it will not feel uncomfortable. In hot climates, particularly on the coast of Africa and South America, straw hats should be worn, with high crowns and broad rims, as they attract the rays of the sun less, and the broad rim is a shade for the eyes : if black hats are worn, they must be covered with something white, as *brain fever* and *coup de soleil* is often prevented by thus guarding the head. No person

should ever go on deck without his hat. Light clothing, such as linen or duck trowsers and duck frocks, or short jackets and thin canvass shoes are best calculated for hot climates, if not during the rainy season, and woolen clothing for cold. Seamen should always be prepared with proper clothing for a change of climate, by taking care of it, as it commonly happens upon sailors first going into a hot climate, their warm clothing is lost, without any thought of wanting it again ; from this cause I have frequently remarked, on coming from tropical climates great sickness has occurred on board, such as inflammatory fevers, rheumatism, &c. while those who had guarded against the change, remained free from complaint. In tropical climates, wearing wet clothing often produces *cholic* and *dysentery*, which more frequently happens to those employed in boats.

At sea, in rainy weather, the man employed steering the ship should be relieved every hour, that he may dry his clothes : having frequently witnessed the ill effects arising from neglecting the foregoing observations, I shall repeat the necessity of wearing flannel next the skin, and always changing wet clothes as soon as possible.

## DIET.

Living for a considerable time on salt meat, musty bread, mouldy pease, and bad water, is often productive of many diseases ; and though it cannot be avoided in unexpected long voyages, it may be remedied : the meat should be soaked twelve hours previous to boiling, which is best done by towing it after the ship in a strong net, made for the purpose ; a large quantity of vinegar should be provided, that it may be eaten abundantly with such bad provisions. The bread or biscuit must be re-baked each day, in proportion to the quantity used, for which reason, captains intending to take long voyages, should provide ovens in their ships, as I have often remarked, by re-baking bread when damaged from salt water, it has been rendered palatable. *The water* may be rendered sweeter and more pure by hanging the cask in slings on deck, with the bung-hole downwards, three yards above the vessel it runs into ; the head of a new deck-scrubbing broom, *without a handle*, must be put in the bung-hole, that the water may drip slowly over it, by which means, it is divided and purified. There is a tin machine, invented by Mr. Osbridge, for the purpose of ventillating and sweetening water : dripping or filtering stones are also very useful

for this purpose. Water is often bad from being put in casks that are not sweet, therefore they should be fired previous to using.

Water is sometimes full of *animalculæ* or small insects, when it does not taste unpleasant, which may be destroyed by boiling and standing till cold, previous to being used.

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## DIARRHŒA AND DYSENTERY.

These complaints are very prevalent in the Mediterranean, and may be guarded against by not drinking too copious a quantity of wine, generally called by seamen *blackstrap*, or eating too much unripe fruit ; also drinking cold water after taking fruit.

## CHOLERA MORBUS

May be often prevented by not taking too large a quantity of new-made malt liquor, drinking any thing cold when over-heated, or any sudden change from heat to cold.

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## OPHTHALMIA, OR INFLAMED EYES.

In tropical climates, broad rimmed hats should be worn, and the eyes frequently washed during the day with cold water. When off the coast of Egypt, where it is prevalent, the bowels should be kept open, by occasionally taking half a pint of sea water, and the eyes exposed as little as possible to the sun and the *sirocc*, or south-east winds.

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## TOOTH ACH.

Seamen should be careful to have bad or decayed teeth taken out previous to sailing, as they frequently suffer great pain for months, which from this precaution might so easily be avoided.

## SWELLED TESTICLES AND DROPSY OF THE SCROTUM.

In tropical climates, seamen should wear a suspending bandage or bag truss to keep up the testicles, which often become relaxed from the heat of the weather ; but these complaints commonly happen from a bruise by lying on the yards, or sliding down the stays or ropes.

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## RUPTURE AT THE GROIN.

This often proves fatal ; to prevent which, seamen (if ruptured) should always supply themselves with a good spring truss previous to sailing, and never neglect wearing it.

This complaint often arises from lifting a heavy weight, which might be avoided by keeping the legs close together, instead of standing with them asunder.

## SEA BATHING.

Bad consequences often arise from bathing when over-heated, particularly *cholic* and *cholera morbus*, or violent affection of the stomach and bowels. Persons subject to fits should never be permitted to bathe in the sea without some precaution to prevent their being drowned, least they should be attacked with a fit in the water, which has often proved fatal to many. The best time to bathe is before sunrise, or after sunset.

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## S C U R V Y.

Fresh provisions, particularly vegetables and fruits, should be procured every opportunity and served out to the crew in small quantities, as long as they will last; molasses would also prove beneficial, to be given twice or thrice a week, and vinegar eaten plentifully with salt provisions: moderate exercise is highly requisite; when there is no employment for the crew, they should dance every day for an hour; cleanliness is of the utmost importance; where lemons, oranges, or apples can be had, the crew should be supplied with them; a

large quantity of lemon juice or *concrete salt of lemon* should be taken to sea, and after living on salt provisions for six weeks, half an ounce given daily to each man, which will prove a certain preventive. Happily, the scurvy is not very common now, but nevertheless cannot be too much guarded against; therefore, it would be advisable for ships destined to take very long voyages, without occasion to touch at any place, to be provided with *sour kraut*, as it is very reasonable and an excellent preventive. Where *spruce* can be had, it is likewise very serviceable made into beer.

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### P L A G U E.

Where this disease rages, and persons are obliged to expose themselves to the infection by taking in the cargo, they should daily rub their bodies all over with *olive oil*, first washing them with soap and water, so that the coat of oil applied *one day* may be clean washed off the next, and a fresh coat immediately applied. *In Turkey or places near the Levant, where this disease is prevalent, olive oil is extremely cheap.* The spittle should never be swallowed when exposed to the danger of infec-

tion ; the bowels must also be kept open, by occasionally taking an ounce of *Epsom salts* ; the clothing should be frequently exposed to the sun ; if ships are stationed near low swampy grounds, the anchorage must be changed to a dry situation, when it can be conveniently done ; the use of vinegar with meats, and moderate exercise, is also advisable.

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## VENEREAL DISEASE.

Immediately after coition with an infected person, the private parts should be well washed with soap and warm water ; particularly under the foreskin and round the nut of the *penis* or yard ; which must be continued two or three days, morning and evening.—A soft sponge and *yellow soap* is the best mode of cleansing.

## CONTAGION AND VENTILATION OF SHIPS.

To prevent contagious diseases, requires the most minute attention and perseverance, having sometimes found it difficult to ascertain the source from whence they spring.

I shall commence my observations, in avoiding such serious consequences, by pointing out the necessity of ventilation and cleanliness. How many ships have been picked up with all hands dead from infectious disorders! whereas, if common attention had been paid, so many valuable lives might have been saved to their country and friends, and cargoes and ships to their respective owners. I have frequently witnessed vessels in such a horrid filthy state, that I have been actually surprised how people could exist, the allotted accommodations being so small and crowded, and perhaps without having been cleaned or ventilated, from the day of the ship leaving port, till her arrival at the place of destination; the bedding, as I have remarked when writing on cleanliness, seldom attended to.

For the better information of seamen in general I shall consider a ship being discharged in dock, and going to prepare for taking a cargo to the East or West Indies. We will suppose the ship has lately returned from one of those places, with coffee or sugar, which was damaged on board, and the noxious *effluvia* or air arising therefrom, remaining : the ship is again fitted for sea, without being perfectly cleaned and well ventilated ; diseases will certainly ensue, and particularly if sailing towards tropical climates ; another thing commonly done, is washing the *shingle* or gravel ballast, while ships are in dock ; the ballast remains wet, and of course must decay the bottom of the ship, and not only that, but will also produce foul air, which is highly pernicious to the health of the crew, and destructive to the cargo. I would therefore particularly advise, on no account to wash the ballast in the hold of a ship, unless sufficient time can be given to have it perfectly dried before the cargo is taken in : as fires are not permitted when ships are in dock, the best mode of airing and drying a vessel below, is by large windsails, which should be made of top-mast studding sails : the head of it confined or brought to a yard, and three parts sewn together from the foot ; the part to which the yard is fixed, must be hoisted up, so that the wind can blow freely through it, and the other let down in the ship's hold, or places requisite to be ventilated and

dried : *braces* must be fastened to the yard, to trim it as the wind changes. A windsail should be put down every hatchway of the vessel.

The hold, as well as between decks and habitation of the crew, should be white-washed, which may be done at little expence, and is not only a preventive against diseases, but also preserves the timbers and planks. If the ship leaks or admits water, it should never remain longer than twelve hours without being pumped out, as the closeness of the well not only rots the pump, but occasions an unwholesome *effluvia* or air ; indeed, if the water has been there a considerable time, the air becomes so bad that no one can go down without risking their lives, which has often proved fatal to many.

The habitation of the crew should seldom be washed, and never when they are obliged to be in it ; but always scraped or dry cleaned with rubbing stones and sand. When out of dock, fires in iron pots or stoves, should be occasionally lighted, as there is nothing better to purify the air. The bread room should be white-washed previous to storing the bread, and a windsail frequently put in, as nothing tends more to the preservation than airing it.

The ship being now well ventilated and ready, and the cargo received on board, the men are generally shipped with scarcely any other clothing than what they have on ; this perhaps may have been purchased from houses or cellars at which they have lodged, where the inhabitants have been afflicted with the typhus fever, or other infectious diseases ; for this reason, it would be always advisable, if possible, for the men's clothing to be well fumigated and aired, previous to coming on board. The bedding and blankets should be aired, and the former composed of horse hair ; wool or flocks, being more liable to harbour infection, and not so easily cleaned. It would be preferable for the men to sleep in hammocks instead of bed places, the latter being seldom or ever cleaned ; and often, when one of the crew die of an infectious disease, another will occupy the place, not thinking any harm can arise therefrom. The bedding must be attended to, as directed under the head cleanliness.

When a ship is going where contagious diseases are raging, the intercourse should be prevented as much as possible ; and those men *necessarily employed* in discharging or landing the cargo, watering or wooding the ship, should have a *dram of Peruvian bark* mixed in four ounces of wine, and afterwards the same quantity of wine given on leaving the ship in the morning, which must be re-

peated upon their return on board in the evening. In hot climates, *awnings* over the ship and boats will be highly serviceable to the health of the crew, and windsails should be constantly used. Great care is requisite to prevent drunkenness, being an evil from which many diseases occur. During the night watch, the men should not lie down, as the dews are very pernicious.

In tropical climates, when in port, a ship should be anchored, if possible, where there is room for her to swing, in which case, springs must be attached to the cables, and be hauled broadside to the wind during a sea breeze ; this will greatly contribute to the welfare of the crew.

The subjects of diet and cleanliness referred to under those heads.

When a contagious disease has made its appearance, the best mode of subduing it is to remove the sick from the contaminated atmosphere, and separate them from the rest of the crew ; their clothing put in boiling water and treated as prescribed, according to their disease ; the ship must be fumigated with pieces of empty tar barrels, or tarred ropes put in fires, made in iron pots or stoves ; the hatchways to be closely shut and covered with tarpaulings ; blankets, bedding, and woollen clothing,

spread on lines while the fumigation is going on. The moment the fires are extinguished, the hatchways should be uncovered, and windsails put down to admit a free circulation of air ; as little lumber and clothing as possible near the patients. Flashes of gunpowder from pistols are attended with good effect ; likewise burning *sulphur*. When the sun shines and in dry weather, the bedding and body linen should be exposed to the air on deck ; the habitation of the crew kept perfectly dry, and all filthy substances removed ; the apartment whitewashed, and the deck frequently sprinkled with vinegar.

The ship should change her anchorage to a distance from the land, if it can be conveniently done, and away from marshy grounds, if near.

I shall finish my observations on preventives, by remarking, that, in many instances, I have repeated the directions mentioned in different diseases, thinking it probable *many persons* may look no farther than *preventives* ; and many suffering from a disease, may only refer to that head. It is impossible to be too cautious, and my object has not been the study of composition, but the utility and welfare of mankind in general.

## F E V E R S

Are divided in four classes, as *continued, remittent, intermittent or ague, and mixed.*

*Continued fevers*, are those that run on without intermission for days or weeks.

*Remittent fevers*, are between the *continued* and the *intermittent or agues*, and have more or less remission at certain hours.

*Intermittent fevers or agues*, differ from others by leaving the patient free for one, two, and three days.

*And mixed fevers* which partake of two kinds of fevers attacking the patient at a time.

## INFLAMMATORY FEVERS.

The signs are cold shiverings, succeeded by heat ; the pulse is quick and strong, at times full; there is great pain in the back of the head, and frequently above the eyes ; the eye-balls inflamed and painful ; occasionally a sensation as if cold water was trickling down the back ; dryness of mouth and tongue ; great thirst, and frequently attended with sickness.

### *The Cure in general.*

In all inflammatory fevers, bleeding is serviceable in the beginning ; and the quantity of blood to be taken, must be regulated by the age and strength of the patient : in strong robust habits, it should not exceed a pint ; in spare habits, eight or ten ounces will be sufficient, as it can always with safety be repeated ; the pulse will mostly direct the necessity

of repeating it. the diet must be regulated by the means of the patient and severity of the disease : light broth, rice, sago, and light puddings ; diluting liquors, as barley water, water gruel, and weak tea ; salt provisions are not to be admitted. Where sickness indicates a foul stomach, an emetic will be proper ; the sickness, however, will not prevent the bleeding.

Take of ipecacuanha, fifteen grains  
emetic tartar, two grains

rub them together, and add three table spoonfuls of water.

This should be taken for one dose ; should it not sufficiently operate, the same quantity to be repeated three hours after ; during its operation, a moderate quantity of warm water must be drank, which will greatly assist the excitement to vomit. After the emetic has operated sufficiently, and the sickness subsided, the following saline draught should be taken :—

Take of prepared kali, one scruple  
pure water, one ounce

let it be well stirred together ; then add half an ounce of lemon juice : to be taken while it effervesces, and the same to be repeated every two hours, until it produces a moderate perspiration, which frequently effects a cure. But when it does not, the following purgative must be resorted to :—

Take of jalap, half a dram  
cream of tartar, two scruples  
oil of peppermint, one drop  
pure water, two ounces

let it be well mixed together, and taken at a draught ; should it not operate sufficiently, it may be repeated.

If a cough or pain in the chest accompany the disease, a blister must be applied to the part affected with pain. The patient must keep himself warm, and take the following medicine :—

Take of purified nitre, one dram  
antimonial powder, six grains  
water, four ounces

mix it together, and let two table spoonfuls be taken every hour, well shaken.

If the disease is attended with purging, it must not be suddenly stopped; should it debilitate too much, it will be proper to take twenty drops of laudanum, in a little water.

The room of the patient should not be too close, though moderately warm, occasionally admitting fresh air.

If the head be much affected, apply a large blister to the back of the neck ; the feet to be bathed in warm sea, or salt and water. When the fever is completely subdued, and nothing but weakness remaining, the diet must be changed for nourishing food, and the following medicine to be taken :—

Take of Peruvian bark, in powder, one ounce  
pure water, one pint  
diluted vitriolic acid, one dram

let it be well shaken, of which four table spoonfuls are to be taken every two hours.

The above medicine to be continued until the patient has recovered his strength : a glass of port wine twice or thrice a day, will prove serviceable. In some persons the bark produces purging, whilst in others, costiveness of the bowels ; the former may be remedied by adding to the mixture ten drops of laudanum, and the latter, by adding twenty grains of rhubarb.

Inflammatory fevers mostly occur when ships are homeward bound, from tropical climates, as they increase their latitude to about 32 or 33 degrees north, and more particularly in the winter season.

Great care is necessary not to be too much exposed to the cold, especially wet and damp weather : the habitations of the crew should be kept as dry as possible ; the decks scraped or cleaned with rubbing stones, in preference to washing ; the bedding and blankets frequently aired, when the weather permits ; and flannels worn next the skin are absolutely requisite,

## TYPHUS FEVER.

The nervous, slow, gaol, putrid, or ship fever, I shall describe under the name of *typhus fever*. Though this disease is commonly caused by contagion, it frequently occurs in ships on long voyages, in boisterous and rainy weather, where numbers are crowded together in small, damp, and filthy rooms, their bed places and bedding seldom exposed to the sun, and so closely confined, that no current of air can be admitted, which creates infection ; it is also produced by other causes, from the nature of the commodities with which ships are freighted, as cotton, wool, hides, rags, &c.

This fever differs entirely from the inflammatory, and may be known by shiverings, dejection of spirits, anxiety, pain and giddiness in the head, sickness at the stomach, total loss of appetite, loaded tongue, alternate sensations of heat and cold, skin very hot,

pulse quick, heaviness above the eyes, pain in the small of the back, disturbed sleep, costiveness, and disagreeable taste and smell

When the attack is more violent, the symptoms are stupor, hiccough, oppression at the chest, difficulty in breathing, frequent starts while sleeping, catching or picking the bed clothes with the fingers, delirium, muttering, jumping of the tendons, weak pulse, the tongue becomes black, and red spots appear on different parts of the body.

This fever is always attended with danger, as the symptoms very quickly change : no opinion can be formed from the time of a patient suffering, before a favourable crisis, as sometimes the symptoms only last a few days, and I have known them to continue for three weeks.

As soon as the patient complains of the first foregoing symptoms, he should immediately take all his clothes off, and have two or three large buckets of sea water thrown over him, and then go to bed, being covered moderately

warm ; should this not produce a favourable crisis, it may be repeated again in four hours : this treatment, in the first stage of the disease, I have, *myself*, often known to succeed ; likewise a table spoonful of yeast every two hours ; but in case it should fail, the following vomit is proper :—

Take of emetic tartar, one grain  
ipecacuanha, fifteen grains  
pure water, one ounce

well shaken together, and taken at a draught, drinking a little warm water during the vomiting.

After the vomit has sufficiently operated, and the stomach is settled, the following medicine to be given :—

Take of antimonial powder, eight grains  
calomel, ten grains

and honey sufficient to make it into four pills, equally divided ; two to be immediately taken, and the others after the space of ten hours, drinking warm gruel sufficient to keep the patient in a moderate sweat ; but should he

express a wish for cold water, it will be equally proper : the next day give the following purgative, early in the morning :—

Take of calomel, six grains

jalap, fifteen grains

honey, sufficient to make it in five pills

this will most likely produce several dark offensive stools : in the event of its not operating plentifully in the space of eight hours, the same may be repeated, and after eight hours more, one ounce of Epsom salts dissolved in a small quantity of water, will be necessary : should the stomach be too irritable to retain the salts, two table spoonfuls of castor oil may be given ; afterwards, *the pills* first prescribed to be taken as before, until the stools become of a natural colour ; if the patient feels an inclination to spit, and the mouth becomes sore, the calomel must be omitted ; but this affection, I have generally observed, indicates a favourable change in the disease. Should griping or uneasiness in the bowels be felt, take one grain of opium, or thirty drops of laudanum in a little water.

When the patient complains of severe pain in his chest and difficulty in breathing, a large blister

should be applied to the affected part : blisters at almost any period of this disease are serviceable, particularly in the back of the neck ; but should the effects produce difficulty in voiding urine, the following medicine may be taken :—

Take of camphor, five grains  
brandy, a few drops  
rub it well to dissolve the camphor  
add one ounce of water

if this has not the desired effect, add thirty drops of laudanum. The blister must be kept open for some time, by yellow basilicon spread upon lint or thin rag.

If the patient has a violent attack of vomiting, give twenty drops of water of ammonia in two table spoonfuls of water : should this not remove the sickness, give two table spoonsful of neat brandy, which I have known subdue vomiting when other medicines have failed. During the continuance of the sickness, if the bowels are costive, clysters should be used occasionally, made of one table spoonful of common salt, two of honey or sugar, and a pint of water sufficiently warm.

When the patient is very low and debilitated, a bottle of Port or Madeira wine daily, is necessary : porter is also serviceable ; but during the sickness, his beverage should be taken in small quantities, and then continue the following medicine until he is restored :—

Take of Peruvian bark, in powder, one ounce  
pure water, twelve ounces  
diluted vitriolic acid, one dram

well shaken together, and three table spoonfuls given every two hours : should this medicine not agree with the stomach, it may be given in the following manner :—

Take of Peruvian bark, in powder, one ounce  
pure water, one pint

boil for ten minutes in a covered vessel, and strain the liquor whilst hot ; then add the vitriolic acid to it, and give three table spoonfuls every hour.

The diet must be nourishing : I have always seen the best effect from giving whatever the patient has an inclination for himself, and he must not be too soon employed with laborious work, but

it is preferable he should be occupied with something of an easy nature.

Deafness frequently accompanies this disease, and I have commonly observed it indicates recovery.

Ships infected with this fever, should adopt the following mode to destroy the contagion : the person affected must be removed from the healthy, his clothing and bedding well washed ; the room where he lives kept dry and airy ; no excrements permitted to remain, but the bucket immediately emptied and cleansed ; vinegar should be sprinkled about different parts of the ship ; the steerage or between decks should be cleaned with rubbing stones used dry, and only wetted as seldom as possible ; great care is requisite to remove humidity and foulness of air, by fumigating with tarred ropes and pieces of pitch or tar barrels throughout the vessel ; flashing of powder from pistols is also serviceable ; during the fumigation the hatchways should be closed, and on opening them, windsails be let down ; the hammocks, bedding, and clothing, frequently exposed to the air, by spreading on lines or hanging in the rigging ; the steerage or between decks well white-washed ; the crew should not lie down in wet weather, during their watch at night, particularly in tropical climates, as the dew

is very injurious ; and they should abstain from drinking new rum, arrack, or any other pernicious liquor, as intoxication has so often proved fatal to many.

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### BILIOUS REMITTENT FEVER,

Commonly called bilious, marsh, Bengal, Gibraltar, camp, or yellow West Indian fever.

It generally attacks suddenly, with severe headache, sickness, vomiting, a sensation of heat and cold, weight on the stomach, difficulty in breathing, pain along the spine of the back and calves of the legs, tongue covered with a dark fur, but sometimes white, eyes dim and languid, skin hot, total loss of appetite, the bowels generally costive, and the pulse quick and low : these are the first symptoms ; but when more severe, the mouth and teeth are covered with a black crust, the tongue stiff, the voice indifferent, great thirst, sometimes bleeding at the nose, and the patient becomes delirious and

convulsive to a high degree ; vomiting of acrid fetid matter, the eyes and skin are of a dark yellow colour.

I have seen in tropical climates, that some patients when first seized, fell down while at work on deck, in a state of insensibility and convulsions.

There must be no delay in the treatment of this disease, as it frequently proves fatal in a few hours.

The moment the patient complains, he should lose one pint of blood, and apply a blister to the place where the weight on the stomach is felt ; then give an ounce of Epsom salts dissolved in a small quantity of water ; should this not relieve the oppression and pain in the head, the bleeding must be repeated, and as much blood taken as the strength of the patient admits, as copious bleeding in an early stage of this disease, has frequently saved the patient. He must then take the following medicine :—

Take of calomel six grains

compound extract of coloquintida, ten  
grains

well rubbed together, and divided in three pills, to be taken immediately. The same medicine must be repeated in a few hours, which will most likely produce several stools of a dark fetid colour, and the medicine continued till they become more natural ; after which,

Take calomel, three grains  
antimonial powder, two grains  
and honey sufficient to make it in one bolus

which should be continued three times a day, till the mouth becomes sore, and slight spitting commences ; the skin then becomes moist, and frequently turns yellow.

Should the mouth not become sore, and the symptoms continue as before for the space of three days, two drams of strong ointment of quicksilver must be rubbed on the inner part of the thighs and arms till perfectly dry, morning and evening, and the bolus continued. The body well washed from head to foot, with vinegar and water, and not covered too warm.

As the strength decreases rapidly in this fever : great care is necessary that the strength of the pa-

Patient is supported, by giving half a pint of port wine during the remittent state; the common drink must be water gruel, lemonade, or water.

Should vomiting take place, two table spoonfuls of neat brandy must be occasionally given, and the following medicine taken till it subsides.

Take of prepared kali, one scruple  
pure water, one ounce

well stirred together; then add half an ounce of lemon juice, and taken while it effervesces.

If the vomiting still continues, another large blister should be applied on the place of the former, and thirty drops of laudanum added to the brandy. If the bowels are costive, the following clyster must be given:—

Take of Epsom salts, half an ounce  
sea water, one pint

sufficiently warm to dissolve the salts. When the stomach is settled, the patient should have a glass of porter once or twice a day, and take the following medicine:—

Take of Peruvian bark, in powder, one ounce  
pure water, one pint

boil it for ten minutes, in a covered vessel, and strain the liquor whilst hot, then add to it, diluted vitriolic acid, one dram, well shaken together : three table spoonfuls to be given every hour. The diet must be nourishing ; although the patient appears in a convalescent state, great care must be taken to keep the bowels moderately open, which may be done by adding twenty grains of rhubarb to the decoction of bark.

If the mouth is much affected from the mercury,  
use the following wash :—

Take of nitre, half a dram  
honey, half an ounce  
tincture of myrrh, two drams  
pure water, half a pint

let the mouth be frequently rinsed with it.

If the attack has been severe, when the patient is recovered the skin remains yellow for a considerable time, which is best removed by taking the following pills twice a week :—

Take of calomel, three grains  
jalap, ten grains  
water, a few drops

and make five pills ; two given at night, and three early in the morning.

Cold water dashed over the body when naked, has been strongly recommended in this fever ; but it is a remedy I would positively forbid to be used, except by a medical man, as no other person could judge when the state of the patient would render it beneficial, and therefore it might be highly injurious.

This fever more frequently attacks European sailors, upon their arrival in tropical climates. The crew of ships trading to the West Indies, Gibraltar, coast of Egypt, or any other place where this fever is raging, should take some cooling purgative medicine during the voyage, to obviate the danger arising from a contaminated atmosphere, particularly in persons of a strong robust habit ; a pint of sea water, or an ounce of Epsom salts taken two or three mornings successively, and sea bathing at sunrise and sunset ; I would recommend for this purpose, the latter should be continued during their

stay; a strict adherence to temperance is also necessary, as the contrary has too often proved fatal. When a crew is employed in boats, and exposed to the sudden changes of weather in a tropical climate, particularly during the rainy season, flannel should be worn next the skin.

It is better, if a ship with convenience can safely anchor from harbour, at some distance off land, as I have frequently known many ships lying close to the shore, severely suffering from the fever, and others at a short distance entirely free; so that the disease has often disappeared, upon changing the anchorage of a vessel, to an open airy station.

I have observed very little difference in the attacks of the fever, whether in the West Indies, on the coast of Guinea, Egypt, or Gibraltar.

Whether this fever may be considered infectious, has so frequently been discussed, that I shall not advert to the subject, but only remark it is always best to treat it as such.

The same method in regard to fumigation and cleanliness should be observed, as recommended in the typhus fever.

## AGUES.

An ague, or intermittent fever, appears by a violent shivering or cold fit, head-ach, loss of strength, pain about the loins and back, stretching and yawning, inclination to vomit, and weak pulse; when the symptoms decline, it is followed by great heats and sweats, by which the fever terminates for one, two, three days, or longer.

This disease varies according to the season of the year ; it is also more frequent about marshy cold ground, in northern countries, and on returning from tropical climates, near the close of the year.

An ague that attacks every twenty-four hours, is generally in the spring and autumn, and is the most obstinate to cure.

When the patient is seized, give the following vomit :—

Take of ipecacuanha, fifteen grains  
emetic tartar, one grain  
water, one ounce

well stirred together, and taken at a draught : in case of its not operating in two hours, the same to be repeated ; about six hours after the vomit, an ounce of Epsom salts must be given. I have frequently seen the vomit and salts remove the disease without any return ; but if it should not, the vomit must be again repeated, and after its operation the following medicine given :—

Take of powdered Peruvian bark, one ounce  
water, sixteen ounces

well mixed by shaking : give two ounces every two hours, and a pint or more of sound wine daily.

If it re-appears, the bark must be discontinued during the fit, and when over, to be repeated every hour ; should the bark fail, give thirty drops of tincture of laudanum in a little water, when the attack is approaching, which I have often found very successful ; if it does not prove so, try the following medicine :—

Take of white vitriol, three grains  
and honey sufficient to make it in three  
pills

take one every four hours, for three days ; if it has not the desired effect, add another grain of white vitriol, make into four pills, and give one every four hours as before directed.

In hot climates, I have frequently cured the ague by immersion in the sea, on the approach of the shaking. The patient's diet should be nourishing, during the intermittent time, as the ague is of a very debilitating nature.

## SCARLET FEVER.

This disease is commonly known by the scarlet colour of the skin, like flea bites, not rising above the surface ; accompanied with dryness, heat, and great itching. In a few days, the spots disappear and the skin gradually peels off.

It is distinguished from the measles by the following symptoms : in scarlet fever, the spots commonly appear on the second day ; in the measles, on the fourth or fifth ; in the scarlet fever the spots are so thick, that the body appears like a continued redness, and the skin feels smooth ; in the measles it is rough, the spots thinner, and of a dark red colour ; the scarlet fever of a brighter cast, and is often accompanied with a slight cough. When the attack is mild, it is easily reduced by keeping the patient moderately warm in bed : give an ounce of Epsom salts ; should it not operate sufficiently, let it be repeated : plenty of warm gruel must be

drank ; after the operation of the salts, take the following medicine :—

Take of antimonial powder, three grains  
purified nitre, six grains  
water, one ounce

well stirred together, and taken at a draught : the same to be repeated every three hours.

If the throat is affected, the following gargle must be frequently used :—

Take of diluted vitriolic acid, one dram  
honey, one table spoonful  
pure water, half a pint

well shaken together before it is used.

When the complaint is removed and nothing but weakness remains, a pint of sound wine must be taken daily ; then give the following medicine :—

Take of Peruvian bark, one ounce  
water, one pint

let it be well shaken, and three table spoonfuls given every hour.

Having described the mild affections of scarlet fever, I shall now proceed to the more inveterate symptoms ; as chillness, sickness, difficulty in breathing, great heat, severe head-ach, quick pulse, the throat and mouth much inflamed, the former ulcerated and swelled, so that the patient feels such an obstruction in swallowing, he cannot easily be prevailed on to take the smallest drop of liquid ; the spots appear as in the mild stage.

The moment the patient complains of his throat being sore, a blister should be applied round it and between the shoulders, and the following medicine must be taken :—

Take of calomel, twenty grains  
compound extract of coloquintida, twenty grains

well mixed together and divided equally in ten pills ; two of which should be given every three hours, which will render the stools of an acrid biliary appearance : after the pills, give an ounce of Epsom salts. The blisters should be kept open by the use of yellow basilicon, spread on lint or rag.

The patient must use the following gargle :—

Take of tincture of myrrh, half an ounce  
vinegar, one ounce  
barley water, eight ounces

When the foul matter is coming away from the ulcers, the gargle must be changed for the following, and used very often :—

Take of honey, one ounce  
tincture of myrrh, half an ounce  
water, six ounces

well mixed ; should it not prove beneficial, try the following :—

One ounce of Peruvian bark, well boiled in a pint of water and strained ; then add one dram of diluted vitriolic acid:

The feet and legs must be bathed, morning and evening, in warm sea water, and the following medicine taken :—

Take of antimonial powder, ten grains  
calomel, five grains  
honey sufficient to make it in five pills

and one given every three hours ; plenty of diluting drinks, as barley water, gruel, or tea, should be often taken. When the ulcers in the throat are healed, and the patient is recovering, wine to the quantity of a pint a day must be given ; and then take the following medicine :—

Take of Peruvian bark, one ounce  
water, one pint

boiled for ten minutes in a covered vessel and strained ; then add one dram of diluted vitriolic acid, and let three table spoonfuls be given every three hours. The diet must be nourishing, and care taken to keep the bowels well open, as the limbs often swell through obstruction, which is best prevented by giving half a pint of sea water, or twenty grains of rhubarb.

I have remarked that neither the climate nor season of the year, makes any difference in the attack of this fever

## MEASLES.

The first symptoms are similar to those occasioned by violent cold, as head-ach, coldness, shiverings, running at the nose ; it is also accompanied by sickness, pain in the chest, difficulty in breathing, great thirst, parched tongue, pulse full and quick, the eyes heavy and watery, bleeding at the nose, cough, and sometimes vomiting : on the fourth or fifth day, red spots, like flea bites, appear all over the body, and the *spots rise above the skin* ; on the fourth or fifth day after their first appearance, they dry up and the skin peels off ; but the other symptoms remain : the throat is sore and the patient feels great difficulty in swallowing.

When first seized by the foregoing complaint, sixteen ounces of blood should be immediately taken, and a blister applied to the chest ; then give one ounce of Epsom salts, dissolved in half a pint of water. The patient must drink plentifully of water gruel, barley water, or tea ; if the symptoms are not abated after twelve hours, the bleeding and salts must be repeated.

The legs and feet should be bathed, morning and evening, in warm sea water, and the patient must be kept moderately warm, and the throat gargled with the following :—

Take of honey, one ounce  
water, six ounces  
diluted vitriolic acid, one dram—mixed

If the foregoing symptoms are not greatly relieved, half a pint more blood may be taken, if the strength of the patient admits ; then give the following medicine :

Take of antimonial powder, one scruple  
gum arabic, two drams  
nitre, one dram  
water, ten ounces

let two table spoonfuls be given every two hours, well shaken.

After the spots appear, if the patient is very restless, twenty drops of laudanum must be given in a little water.

Should he be affected with a severe and obstinate cough, the following medicine will be useful, taken at bed time :—

Take of laudanum, thirty drops  
tincture of squills, twenty drops  
water, one ounce

which will excite spitting ; then give the following medicine, instead of the first prescribed :—

Take of gum arabic, two drams  
honey, half an ounce  
tincture of squills, one dram  
water, half a pint

two table spoonfuls to be given every two hours ; bathing the feet in warm sea water must be continued ; the diet nourishing, and a pint of wine given daily ; the blister may then be healed with Turner's cerate, spread on lint or rag. When the patient feels able, moderate exercise will tend greatly to recruit his strength, especially on deck, in fine dry weather ; but on shore is preferable, if the patient has an opportunity.—The evening dews must be guarded against.

This disease is so highly infectious, that persons who have not had it, must not go near those affected.

Neither the climate nor season of the year, causes greater liability to an attack of this disease than another.

### SMALL POX.

This dangerous and loathsome disease, is now almost annihilated through the introduction of the cowpock.

It begins with pain in the head and back, sickness at the stomach, and shiverings ; about the fourth or fifth day, it breaks out in small pustules about the face, breast, and neck ; the patient is very restless, and on the ninth, tenth, or eleventh day, the pustules are at their full size ; then they begin to dry and scale off :—this is the milder stage.

In the more aggravated, the pustules are thicker, more red, and spread all over the body ; they are

not at the full size, till the fifteenth or sixteenth day. This disease is always attended with a considerable degree of fever and dangerous symptoms, as great swelling of the head and extremities; the eyes completely closed, bloody urine, and the passage from the bladder frequently stopped.

In strong robust habits, twenty ounces of blood should be taken; in spare habits, half the quantity; and, if severe head ach, a blister applied to the back of the neck; then give the following pills:—

Take of calomel, seven grains  
jalap, fourteen grains  
honey, sufficient to make into five  
pills

the patient must not be kept too warm.—Cold water or lemonade is a proper beverage. The diet must be very low, a little rice or sago.

Costiveness of the bowels is the principal object to guard against; the same pills must be repeated the following day; if the stomach is too irritable to retain them, give the following clyster:—

Take of Epsom salts, one ounce  
sea water, one pint, sufficiently warm.

If sickness is felt, the following vomit must be given :—

Take of emetic tartar, two grains  
ipecacuanha, ten grains  
water, one ounce

well stirred, and taken at a draught ; to be worked off by drinking plenty of warm water.

When delirium takes place, apply blisters to the calves of the legs, and give the following medicine :—

Take of prepared kali, one scruple  
water, one ounce

well stirred together ; then add half an ounce of lemon juice, to be taken while it effervesces, every two hours. Forty drops of *sweet spirit of nitre* must be given, morning and evening, in a little water. Should the patient be very restless, give thirty drops of laudanum.

When the disease is at its crisis, the patient's strength must be supported, by giving a bottle of sound wine during the day. The blisters may then be healed with *Turner's cerate*, spread on lint or rag, and the following medicine given :—

Take of Peruvian bark, one ounce  
water, one pint

boiled for ten minutes, and strained ; then give two table spoonfuls every hour.

The diet must be nourishing : if difficulty in voiding urine, which is frequently occasioned by the blisters, then give six grains of camphor dissolved in a little brandy, and add two table spoonfuls of water, to be taken at a draught.

The place where the patient is confined, should be frequently ventilated, and, when convalescent, should not be too soon exposed to a damp atmosphere, being very liable to catch cold.

## VACCINATION,

Or inoculating with the cowpock matter, the success of which is so well established, that it will not be requisite for me to enter on the subject farther than to remark, that every seaman who has not had the small pox, should not lose a moment to get inoculated with the cowpock, which may be done at any place or country that is civilized ; however, should he be provided with the cowpock matter, it may be performed by any person with great safety at any time ; neither will it interfere with his daily occupation.

Matter can generally be procured at hospitals or charitable institutions ; however, it may for a certainty be had by application to the Vaccine Pock Institution, London.

The safest and most convenient mode of inoculation, is performed with a tooth pick, of wood : a small puncture should first be made with a lancet ;

then the point of the tooth pick, well charged with vaccine matter, inserted in the opening, and held there for the space of fifteen seconds : the flat sides of the tooth pick are to be drawn repeatedly over the opening, to infuse as much matter as possible.

An opening should be made in three different places across the left arm, in a row, about half an inch from each other.

On the second, third, or fourth day after inoculation, a small red pimple will gradually rise, and the surrounding part become inflamed. The pimple will increase in size until the tenth day, when it will dry up ; and on the sixteenth (if not previously broken or scratched) turn of a dark brown colour : about the twenty-second day it falls off, and a scar remains.

One pock is quite sufficient to infect the system, if its appearance has answered the foregoing description ; if not, the operation must be repeated.

When the arm is inflamed, which occasionally happens, the best application is cold water, or two table spoonfuls of brandy or vinegar, mixed with half a pint of water, and wet rags constantly applied to the arm.

An ounce of Epsom salts at the close of the disorder will be serviceable, and a half-pint of sea water taken two or three days after.

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## PULMONARY CONSUMPTION.

A consumption is known by a general wasting of the body, proceeding from an ulcer in the lungs.

The causes of its production are many, as a delicate habit of body, frequent intoxication, pleurisy, coughs, grief, deformation of the chest, and often from catching cold through exposure to night and damp air, and wet clothes.

It commences with a dry cough, occasional pain and stitches in the side and chest, a salt taste in the mouth, the breathing becomes quick, the voice fails, the cheeks flushed, and sometimes the whole face; faintness, great sweatings at night, quick and low

pulse, spitting, and oftentimes bloody matter : when the symptoms increase, vomiting pure blood takes place, drowsiness after meals, frequent spitting of matter, accompanied with a fetid smell, and the breath is very offensive. The patient, in the last stage of the disease, thinks he is getting better, when he is growing worse. The last symptoms bespeak great danger.

In the commencement of the disease, it is of the utmost importance (if possible,) that the patient be removed to a warm climate, and chiefly subsist on milk : great attention is requisite, that the diet be light and nourishing; moderate exercise is necessary, and flannel worn next the skin.

When the patient complains of tightness across the chest, and the bowels costive, he should take half a table spoon of castor oil ; and when it has moderately operated, the following medicine may then be given.

Take of gum ammoniacum, two drams  
pure water, half a pint

rub the gum with the water gradually poured on, until it appears like milk ; then add tincture of

squills, one dram. Two table spoonfuls to be given every two hours.

When the patient is restless at night, thirty drops of laudanum must be given ; a blister should be applied to the chest, if the pain is severe.

If the patient suffers from gripings, clysters must be given ; consisting of a pint of thick barley water with forty drops of laudanum.

I have observed great benefit from the patient drawing in the fumes of pitch or tar, heated with a hot iron. Should he become very weak, a glass of porter must be taken twice a day, and the following medicine given ;—

Take of Peruvian bark, one ounce  
water, one pint

boiled for ten minutes, and strained whilst hot ; two table spoonfuls, to be given every two hours.

Æther rubbed on the side and chest, will frequently relieve the pain.

Emetics and bleeding are often recommended in decided consumption ; but it is a remedy, from which I never observed the least benefit in any stage of the disease.

Regard to diet and a warm climate, are the primary objects of attention.

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### ANGINA, OR QUINSEY,

Is an inflammation of the throat, wherein the patient feels *both* difficulty and inclination to swallow, accompanied with heat, pain, swelling, and redness of the glands, so that the beverage or liquid food often returns through the nose ; the face is frequently red.

The patient should not be exposed to cold or wet weather ; the feet to be bathed in warm sea

water; the diet should chiefly consist of broth, rice, and plenty of water gruel.

If the symptoms are severe, a pint of blood must be taken, and an ounce of Epsom salts given.— The external part of the throat to be well rubbed with the following liniment, until redness is produced, and a piece of flannel put round it :—

Take of olive oil, one ounce  
spirit of hartshorn, half an ounce, well  
shaken.

The following gargle must then be frequently used :—

Take of honey, one ounce  
diluted vitriolic acid, one dram  
water, half a pint, well mixed

If the bowels have not been well opened, the salts must be repeated; should this not produce great relief, take the same quantity of blood as before, apply a blister round the throat, and at bed time give the following medicine :—

Take of antimonial powder, five grains  
nitre, one scruple  
gum arabic, half a dram  
water, three table spoonfuls

well mixed and taken at a draught.

If the inflammation increases, the gargle should  
be changed for the following :—

Take of nitre, one dram  
honey, one ounce  
vinegar, one ounce  
water, half a pint

well mixed together.

A blister must then be applied to the back of  
the neck, and the antimonial mixture taken morn-  
ing and evening.

When the bowels are costive, an ounce of Epsom  
salts, or a half-pint of sea water must be given.

If matter is forming, the difficulty in swallowing  
will greatly increase the danger, and particular care  
is necessary that the patient is not suffocated.

The steam of hot vinegar must be drawn in with the breath, which may be done by putting it in a tea pot, and applying the mouth to the spout.

Tickling the throat with a feather dipped in vinegar, often excites coughing, by which means the tumour breaks, when the patient will be instantly relieved ; if not, the following vomit must be given :—

Take of emetic tartar, three grains  
water, one table spoonful

to be well mixed.

If this has not the desired effect, a large poultice, made of oatmeal and vinegar, should be applied round the throat, and the gargle continued as before.

Should the tumour not break, which is very dangerous, a puncture must be made with a lancet or sharp penknife, as an opening is necessary for the matter to be discharged.

Then the following gargle must be frequently used :—

Take of honey, half an ounce  
tincture of myrrh, half an ounce  
water, four ounces—well mixed.

The diet must be changed for nourishing food,  
a pint of sound wine to be given in a day, and the  
blisters healed.

A sore throat is commonly preceded by a cold,  
in winter and at the close of the year.

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### PUTRID SORE THROAT

Generally accompanies the scarlet fever, for the  
treatment of which, see Scarlet Fever.

## BRAIN FEVER

Is an inflammation of the brain or its membranes, which is frequently caused by hot climates, and being exposed to the rays of a burning sun ; it is often fatal, and the utmost caution is requisite to guard against it.

The symptoms are violent pain in the head, the patient is almost insensible, changing to fierce delirium ; the eyes are red and staring, the face burns, great thirst, tongue dry, the pulse full, frequent startings and pulling the bed clothes ; this disease frequently seizes the patient so momentarily, that he instantly becomes delirious.

If the patient is of a strong robust habit, he should immediately lose two pints of blood ; if not, a proportionate quantity. The head to be shaved ; then take a pint of cold water, and half an ounce of powdered nitre, dipping towels in (folded up) and constantly dashed on the head ; then a large

blister should be applied on the skull ; afterwards, take an ounce of Epsom salts ; if it does not operate in the space of two hours, give the following clyster :—

Take of Epsom salts, one ounce  
sea water, one pint  
sweet oil, half an ounce

mixed together and moderately warmed ; also repeat the dose of salts ; the patient must be kept as cool as possible, and drink plenty of cold water or lemonade.

If the symptoms are not considerably abated, the bleeding must be repeated in eight hours, and the same treatment continued ; but when recovering, give the following medicine :—

Take of nitre, two drams  
water, half a pint  
sweet spirit of nitre, two drams

mixed together, and two table spoonfuls taken every two hours.

When all symptoms of delirium are past, and the patient is collected, the blister may be healed.

The diet must be low, even for some time after the patient recovers, especially abstaining from liquors, to prevent the disorder returning ; and he should not expose himself too soon to the sun.

If this disorder arise from any hurt or accident, the same treatment may be resorted to.

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### COUP DE SOLEIL, OR STROKE OF THE SUN,

As it is commonly called, is caused by the perpendicular rays of the sun striking on the head, and generally seizes the patient in the same manner as the brain fever, but sometimes he falls down, instantly expiring ; the treatment for which disorder, is equally proper in this.

## PLEURISY

Is an inflammation of the membrane which covers the internal part of the chest, and adheres close to the ribs ; it is called pleura, and is accompanied with a considerable degree of fever, cough, severe pain or stitch in the side, and also in breathing.

When more severe, it is attended with shiverings, heat, thirst, and acute pain, as if the point of a knife was felt, and the patient is unable to lie on the affected side ; the pain often extends to the shoulder and back ; it is sometimes attended with sickness, occasional inclination to spit, and frequently yellow matter, so thick and glutinous, that endeavouring to emit it is very painful.

The pulse cannot be depended on in this disease, as it is often full, and at other times small and quick.

The patient should first lose twenty ounces of blood, have a blister applied to the side affected, take an ounce of Epsom salts, and drink plenty of water gruel, with a small quantity of nitre dissolved in it ; if the salts do not operate in the space of eight hours, an ounce of castor oil must be given ; should this not relieve the pain, the bleeding must be repeated : the blister, when risen sufficiently, should be opened, and the same plaster re-applied.

After the bowels have been well opened, should the patient be restless, thirty drops of laudanum must be taken ; the feet well bathed in warm sea water, previous to going to bed, and then kept moderately warm, in a place free from smoke or any thing that may excite coughing.

If the blood has a buff appearance, and the strength of the patient will admit, the bleeding must be repeated a third time ; likewise the castor oil. The diet must be low ; after the castor oil has operated, then give the following medicine :—

Take of antimonial powder, twelve grains  
nitre, one dram  
gum arabic, two drams  
water, six ounces  
sweet spirit of nitre, two drams

well mixed ; two table spoonfuls to be taken every two hours, and continue the laudanum at bed time, if restless.

If the pain is decreasing, and the patient breathes easy, the blister may be healed ; but the foregoing medicine continued, with the addition of two drams of tincture of squills : if sickness be felt from the medicine, the antimonial powder must be left out.

When the spitting assumes a white appearance, streaked with blood, it is a favourable sign.

But if there is no abatement in the disease, and the cough becomes hollow and dry, with an increased degree of heat, thirst, chilliness, shiverings, and the pulse quick, it indicates a formation of matter. The diet must be more nourishing, and the following medicine given :—

Take of gum ammoniacum, two drams  
honey, one ounce  
water, half a pint

rub the gum with the water gradually poured on, until it appears like milk, and then add tincture of

squills, two drams ; let one table spoonful be taken every hour, well shaken.

When a collection of matter is formed in the chest, the shortness and difficulty in breathing will greatly increase, although the pain will be lessened; warm poultices of oatmeal must then be applied to the part affected. When the swelling is enlarged, it frequently breaks internally, and the matter is sometimes discharged through the mouth or by stools ; but if not, an opening must be made externally with a lancet, which I would not advise any person performing, unless he is perfectly confident of feeling the matter. When it is discharged, the wound must be dressed with dry lint, and adhesive plaster over it, being careful the air does not penetrate into the chest.

When convalescent, give the following medicine :—

Take of Peruvian bark, one ounce

well boiled for ten minutes in a pint of water ; then strained and add

diluted vitriolic acid, one dram

two table spoonfuls to be taken every hour. A pint of sound wine to be given daily, and the diet nourishing. The patient must avoid exposing himself to damp or thick weather.

This disease generally occurs in winter, and particularly in northern climates ; it is always attended with danger, and frequently ends in consumption.

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## INFLAMMATION OF THE LUNGS

Is known by severe oppression and weight on the chest, difficulty in breathing, cough, florid countenance, great anxiety, pain in the back, and loss of strength. No opinion can be formed from the state of the pulse, as it is a disease in which it so often varies.

The treatment should be the same as in the pleurisy : plenty of water gruel, in which nitre is equally requisite : the application of blisters to the chest ; bleeding and gentle purgatives must be particularly attended to in the beginning of the attack ; if the surface of the blood has not a buff appearance after the second bleeding (which may be known in two hours from the time it is taken) a third bleeding will not be necessary. To promote spitting, give the following medicine :—

Take of gum ammoniac, two drams  
honey, one ounce  
water, half a pint

rub the gum with water gradually poured on until it appears like milk, and then add tincture of squills two drams, let one table spoonful be taken every hour, well shaken ; it is a favourable symptom when the spitting is a white matter mixed with streaks of blood, but not if it is like frothy blood ; then a pint of wine should be given during the day : from the same symptoms decision can be made whether matter is forming in this disease as in the pleurisy ; when an abscess is formed in the lungs, the matter is often discharged through the mouth ; the patient's diet should be nourishing, and the following medicine given :—

Take of peruvian bark, an ounce  
water, one pint

boil it for ten minutes and then strain it, add

Diluted vitriolic acid, one dram

two table spoonfuls given every hour.

The patient must be kept moderately warm,  
and be careful not to expose himself too soon to  
damp or wet weather.

This disease is most common when ships are  
returning in the winter season, after remaining  
some time in warm climates.

If care be not taken in the commencement of  
this disease, it frequently terminates in consumption.

## INFLAMMATION OF THE STOMACH AND BELLY.

The patient is seized with vomiting, straining, hickup, internal heat, and hardness in the stomach and belly, with severe pain, which is increased by pressure, the pulse generally low and quick.

In the first place, it is requisite the patient should lose twenty ounces of blood, have a large blister applied on the stomach or belly, and flannel dipped in hot water to foment the parts affected; a clyster of the following ingredients should then be given;—

Take of sweet oil one ounce and a half  
honey one ounce  
warm gruel one pint

and repeated every two hours, until two or three copious evacuations have been procured: care must be taken to know whether the severe pain and vomiting is not produced by a rupture at the groin,

(to which the patient perhaps is subject) as it may be obstructed:—as great caution is necessary in this disease, warm gruel must be given in such small quantities as a table spoonful, being more likely to remain in the stomach, the blister must be kept open, flannel warmed should be wrapped round the body, and ten drops of æther given every hour in a tea spoonful of gruel; should the sickness or hickup increase, thirty drops of laudanum must be taken. When the symptoms decline the stomach will become settled, the diet must then be light and nourishing and taken in very small quantities, and a *small wine glass* of wine and water given every three or four hours; if the bowels are costive, give half an ounce of castor oil.

The patient must not indulge himself too soon in spicy high-seasoned food, or any thing of a heating nature, as it is so likely to occasion a relapse.

This disease is most common in tropical climates, where people are overheated from working in the sun, then drinking copiously of cold water or other cold beverage; it is also produced by catching violent cold.

I have remarked in one case that came within my observation on board a merchant ship in the

harbour of Corrunna, a man who had been ill from vomiting and pain in the stomach nearly thirty hours, two medical men in attendance pronounced it an inflammation of the stomach from drinking spirits ; but on examining the patient, I found the disease was produced by a rupture in the groin, which was obstructed in its return, and on reducing it the patient recovered in a few hours.

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### INFLAMMATION OF THE LIVER, COMMONLY CALLED LIVER DISEASE.

When the liver is diseased or inflamed, it may be known by a pricking sharp pain in the right side under the short ribs, shooting upwards to the collar bone, shoulder blade, and throat ; weakness, sometimes the skin and eyes are of a yellow cast, the urine high coloured, heaviness in breathing, and costiveness ; the pulse is very irregular.

In an early stage, bleeding to the quantity of twenty ounces is proper, which may be repeated in twelve hours; if the patient is not thereby relieved, a blister should be applied to the afflicted part, and kept open till the disease has subsided; the following pills must also be given:—

Take of calomel, twelve grains  
extract of coloquintida, one scruple

well mixed, and divided into six pills, one to be taken at bed time, and two early in the morning; the stools are commonly of a light clay colour, the pills must be continued till they become natural, and then an ounce of castor oil should be given, plenty of warm gruel must be drank, the diet very low, the feet bathed morning and evening in warm sea water.

When the disease is evidently declining, a gentle course of mercury will be requisite, by giving the following medicine:—

Take of calomel, thirty grains

mix with a little flour and a few drops of water, to make fifteen pills of equal size, let one be taken

morning and evening ; if the calomel should produce uneasiness in the bowels, thirty drops of laudanum must be given ; it is necessary the mouth should be slightly affected with soreness, and spitting produced for a month, that only one mercurial pill should be taken, (and that in the morning) or one grain of calomel added to each pill, which must be regulated by daily observation, as the patient is affected ; strong ointment of quicksilver should also be well rubbed on the part affected ; when the above method does not succeed, and the pain increases, attended with shiverings, it foretells that an abscess is forming, which generally appears external ; warm poultices of oatmeal should be applied till the fluctuation of matter can be plainly felt, when it must be opened with a lancet if it does not break ; after which, the poultice must be continued for a few days, the opening dressed with Turner's cerate spread on lint or rag, and a long flannel roller put rather tight round the body ; the calomel pills should be continued for six weeks, according to the direction before prescribed ; a glass of porter three times a day will be serviceable while the matter is forming ; should it not terminate in an abscess, the liver becomes *schirrous* or hardened, which may be ascertained by the pressure of the hand about the right side ; the best mode

of treatment in this case, is friction with the strong ointment of quicksilver, the quantity of half a dram well rubbed in morning and evening, and the calomel pills given as last directed, or even longer; warm bathing and moderate exercise is also requisite, the diet must be very low, wholly abstaining from wine and strong liquors, and twelve drops of tincture of muriated iron, in a wine glass full of water four times a day ; when the bowels are costive, a table spoonful of castor oil will be requisite.

Hot climates, such as the East and West Indies and Mediterranean, so often produce this disease, that patients so situated should always remove to a cooler climate. Persons habituated to high living and spirituous liquors are also subject to it.

## INFLAMMATION OF THE KIDNEYS

Comes on with severe pain and heat at the region of the kidneys, commonly called the small of the back or loins, attended with fever, frequent inclination and discharge of urine in very small quantities, of a red colour ; and, in an advanced state of the disease, it is watery and clear, the upper part of the thighs feel numb, and pain in the testicles and groin, which affects but one side if the inflammation only extends to one kidney ; sometimes it is also attended with vomiting. When the patient first complains, he should lose twenty ounces of blood, and drink plentifully of barley water, in which a small quantity of nitre is dissolved, one ounce of castor oil must be given, and if the bowels are not well opened in six hours, the same to be repeated ; the part affected with pain, should be fomented with flannel dipped in hot water ; if this does not procure relief, a blister must be applied, and the following medicine given :—

Take of nitre, one dram  
gum arabic, two drams  
camphor, one scruple  
water, half a pint

the camphor should be well dissolved in a little brandy, before it is mixed with the other ingredients, and two table spoonfuls taken every two hours; if the irritation does not abate, one dram of tincture of squills must be added, the diet must be very low, and the blister kept open till the inflammation subsides; but should it not decrease, danger may be apprehended of an abscess forming, which is known by less pain, cold, and shiverings, and a sense of weight about the loins, and the urine white, with pain and irritation at the end of the yard, before the discharge of it; the following medicine must then be given, and the blister healed:—

Take of nitre, one dram  
balsam of copaiva, one ounce  
rhubarb, one dram

well mixed, and a tea spoonful given every two hours in a little water, particular attention must be paid to keeping the bowels open, by giving a table

spoonful of castor oil when required ; it is a favorable symptom when matter is combined with the urine ; should a stoppage of the urine occur, thirty drops of laudanum must be given, as little beverage taken as possible, and the patient should bathe in a large tub of hot water, and a bougie, or elastic catheter, must be introduced into the bladder by the urethra, to empty it ; the warm bathing to be repeated daily, till the urinary passage becomes free, the diet must also be low.

When recovering, give the following medicine :—

Take of Peruvian bark, one ounce  
water, one pint  
diluted vitriolic acid, one dram

well shaken, and three table spoonfuls taken every two hours, the diet must then be nourishing, and half a pint of sound wine given during the day.

This disease frequently takes place after drinking spirituous liquors to excess, from colds, and external violence or bruises, and likewise from stone or gravel in the kidneys.

When the patient complains of the first symptoms, examination should be made by the

introduction of a bougie into the bladder, to ascertain whether they do not proceed from a *stricture in the urethra*, as that is also productive of nearly the same effects.

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### INFLAMMATION OF THE BLADDER,

Which is known by burning heat, severe pain, and swelling in the lower part of the belly, frequent inclination to go to stool, and void urine. The same treatment is necessary as prescribed in the inflammation of the kidneys, except the difference of applying the blister, and warm fomentation to the *abdomen*, or lower part of the belly, instead of the back; also, linseed tea with a little nitre dissolved in it, must be constantly drank instead of barley water.

This disease most commonly happens from the same causes that produce inflammation in the kidneys.

With the difference, that it may proceed from retaining the urine too long.

## WORMS.

There are various kinds infest the human frame ; but as the symptoms and treatment of all are similar, it will be unnecessary to describe each kind separately.

The proof of their existence is sickness, looseness, heart-burn, itching at the nose and *anus*, or fundament ; they frequently produce hunger, costiveness, griping, grinding of the teeth when asleep, and soreness, with the sensation of a weight (like a ball) round the navel ; the best treatment is as follows :—

Take of calomel, ten grains  
common soap, one dram

mixed and divided into twelve pills ; six pills to be taken at bed-time, and the others early in the morning : after two days, the same pills to be repeated, and in four days more, give the following medicine :—

extract of coloquintida, one dram

divided in nine pills ; one to be taken at bed-time, and two early in the morning. When the patient has taken these pills, one ounce of Epsom salts must be given, and persevere in the prescribed mode till the worms are entirely destroyed. Half a pint of sea water taken occasionally, before breakfast, will prevent their re-appearing.

Respecting worms, I have never observed any difference, either in clime, age, constitution, or mode of living, though the contrary is a prevailing error, as it is often supposed, the poor, from bad living, are most subject to them.

## PAIN IN THE STOMACH, GENERALLY TERMED HEARTBURN,

Is a sensation of pain, heat, and sickness at the stomach, and a discharge of watery fluid from the mouth, like spittle: if it comes on frequently, the following vomit should be given:—

Take of ipecacuanha powder, one scruple  
water, one ounce

mixed and taken at a draught: plenty of warm water must be drank during its operation; if this affords no relief, give an ounce of castor oil; after which, one of the following powders should be taken every morning, before breakfast:—

Take of rhubarb, one dram  
magnesia, two drams

mixed and divided into four powders.

Soda water is very useful : sometimes a dram of magnesia will relieve the pain, at others, half a scruple of prepared kali, which depends on what cause it proceeds from ; and this cannot always be clearly ascertained.

Both the diet and beverage should be light and nourishing ; a glass of weak brandy or rum and water taken once or twice a day will be serviceable.

This complaint may be attributed to different causes : from wind, bile, worms, from the use of acrid sour food, and drinking tea or any thing very hot.

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## C O L I C

Is a severe pain in the bowels, and receives different names from the causes from whence it proceeds : as *bile*, it is called bilious colic ; from wind, windy colic ; and when the whole system is affected, nervous colic, or *dry belly ach*.

Colics are dangerous, when the passage is obstructed downwards.

## BILIOUS COLIC

Generally attacks with vomiting, bile, bitter taste, pain round the navel and over the whole belly, thirst, heat, and costiveness ; if there is vomiting, the following medicine should be taken every hour :—

Take of prepared kali, one scruple  
water, one ounce  
laudanum, ten drops

well stirred ; then add half an ounce of lemon juice, taken while it effervesces, and repeated four times.

Should the pain not be relieved, give thirty drops of laudanum, in a little water ; if that has not the desired effect, then give the following clyster :—

Take of sweet oil, three ounces  
laudanum, half a dram  
gruel, half a pint

sufficiently warm : flannel dipped in hot water and applied to the belly, will also be serviceable.

When the disease is removed, a dram of magnesia or half an ounce of castor oil must be taken when the bowels are costive, to prevent a relapse.

This disease occurs generally in the spring or autumn ; frequently in tropical climates, and is often produced by high living.

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### WIND COLIC.

In regard to pain, it affects nearly the same as the bilious ; on pressing the belly a rumbling noise is heard, which is relieved by expelling wind : there is also great thirst : the following medicine must be taken, and plenty of warm gruel drank after it :—

Castor oil, one ounce

essence of peppermint, three drops

to be gently poured on half a wine glass of water, and taken at *one effort* to swallow ; flannel dipped in hot water should be applied to the belly : if the pain is not relieved in six hours, ten ounces of blood must be taken, and the same medicine repeated ; also a clyster of three ounces of sweet oil in half a pint of gruel, must be given : if the pain does not abate, give thirty drops of laudanum in a little water.

The diet should be low, and plenty of warm gruel drank.

When the patient recovers, great care is necessary to keep the bowels regular, by taking half a pint of sea water occasionally.

This disease frequently occurs in hot climates, after eating unripe fruit, and immediately drinking cold water.

## NERVOUS COLIC, OR DRY BELLY-ACH,

Commences with sickness, pain, and heaviness at the stomach, loss of appetite, costiveness, sometimes vomiting of acrid bilious matter, the pulse is commonly low, the pain descends from the stomach to the navel, shoots from side to side, and the part round the navel feels as if drawn towards the spine of the back; it generally continues for three or four hours without intermission, the patient is very low, and if it continues long, a numbness is felt about the legs and arms, which should be frequently rubbed for half an hour at a time, with flannel dipped in rum or brandy: the following medicine should be given:—

Laudanum, forty drops  
essence of peppermint, three drops  
water gruel, one ounce

mixed, and taken at a draught. The following clyster is also necessary:—

Take of sweet oil, three ounces  
laudanum, one dram  
water gruel, half a pint

the diet should be rice or sago.

If no sickness is felt, give one ounce of castor oil ; should it not operate, in six hours it must be repeated ; flannel should be dipped in hot water to foment the belly ; if ease is not thereby obtained, a blister must be applied, and great care is requisite to keep the bowels open ; occasionally well rubbing the belly with warm flannel will be found useful. Should the patient on recovery be much debilitated, the diet must be nourishing, half a pint of sound wine given daily, and the following mixture taken :—

Peruvian bark, one ounce  
water, one pint

boiled for ten minutes and strained, two table spoonfuls to be given every hour.

This disease most commonly occurs in the East and West Indies, by drinking when overheated, and on the coast of Africa, from taking *palm wine*

to excess ; also by suffering wet clothes to dry on the body, particularly during the rainy season in tropical climates.

This colic often leads to paralitic affection, either in the upper or lower extremities.

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### DIARRHœA, OR LOOSENESS,

Is too frequently going to stool, and is often accompanied with sickness and loss of appetite, without any pain.

It is commonly removed by taking half an ounce of Epsom salts, and drinking plentifully of warm gruel ; at bed time, twenty drops of laudanum should be taken ; if it does not then abate, the salts may be repeated, and the following medicine given at bed time in one draught :—

Take of gum arabic, two drams  
laudanum, thirty drops  
water, three table spoonfuls mixed

If the *diarrhœa* or looseness is too suddenly stopped, it may be productive of the worst diseases : when the patient is rendered very weak, he should take a pint of sound wine daily, and nourishing diet, which will soon re-establish his former strength

In tropical climates, this disease is frequently produced by laxity of the body from the heat of the weather, also from eating unripe and too much fruit ; and in the West Indies it often occurs from drinking spruce beer, as any fermenting liquors will occasion it.

## CHOLERA MORBUS, OR VIOLENT AFFECTION OF THE STOMACH AND BOWELS,

Is one of the most violent complaints that affects the stomach and bowels ; it is generally alarming, and of the utmost importance that immediate aid should be administered.

The patient is suddenly seized with giddiness, pain in the stomach, followed by violent vomiting of acrid bilious matter, and purging attended with sharp gripings, great thirst, cold sweats, quick pulse, and exceedingly low.

The moment the patient is seized, thirty drops of laudanum should be given, and the following medicine prepared as quickly as possible :—

Take of gum arabic, half an ounce  
water, half a pint  
laudanum, one dram and a half

mixed ; let one table spoonful be given every half hour until the stomach and bowels feel more composed ; the patient should drink as much as possible of thick water gruel or barley water, in which there is a little cinnamon or nutmeg : the following clyster should also be given :—

Take of thick barley water, one pint  
laudanum, one dram

If the foregoing directions do not succeed, a table spoonful of brandy and thirty drops of laudanum may be given, which often settles the stomach.

Thick barley water, or water gruel with a little nutmeg or cinnamon, will be found the best beverage, and the diet nourishing.

To prevent a recurrence of the disease, the bowels should be kept regular by giving one scruple of rhubarb occasionally ; ginger tea is also very useful.

This disease often happens during the rainy season in tropical climates, when the patient is wet and suffers his clothes to become dry on the body ; also from drinking copiously of malt liquor or new made wine.

At Gibraltar, I have often known this disease occur from taking a large quantity of new made Spanish wine, by sailors generally termed *black-strap*.

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## DYSENTERY.

The general symptoms are violent gripings, sickness, bitter or copper taste in the mouth, sometimes vomiting, and frequent inclination to go to stool, without passing scarcely any excrements ; it is occasionally attended with shiverings, and in a short space of time the patient becomes very weak and emaciated : when the disease grows worse, the gripings, and continual effort to go to stool become insupportable, which causes great pain at the fundament ; the stools become acrid, with copious quantities of blood, difficulty in voiding urine, and frequently vomiting, the tongue becomes dry, great thirst, weak pulse, and the patient gradually wears away.

When the patient first complains, half an ounce of Epsom salts should be taken ; in six hours the same dose to be repeated, and in eight hours after the last dose give thirty drops of laudanum, and plenty of thick gruel or barley water must be drank.

Should this not remove the complaint, the Epsom salts must be given in the following manner :—

Take of Epsom salts, one ounce  
water, half a pint  
essence of peppermint, four drops.

Give two table spoonfuls every two hours, which generally procures more natural stools ; after the excrements lose their slimy acrid appearance, the following medicine must be taken :—

Take of gum arabic, half an ounce  
water gruel, eight ounces  
laudanum, one dram

mixed, and two table spoonfuls taken every two hours.

When there is vomiting with a copper taste in the mouth, give the following vomit :—

Take of emetic tartar, one grain  
ippecacuanha, one scruple  
water, two ounces

mixed, and taken at a draught ; plenty of warm water must be drank during its operation, afterwards give the following draught every hour till the stomach is settled :—

Take of prepared kali, one scruple  
water, one ounce

then add, half an ounce of lemon juice, to be well stirred and taken while it effervesces : when the stomach becomes quite easy and composed, one dram of Epsom salts should be given every hour, to be repeated eight times, and in three hours more, give thirty drops of laudanum in two table spoonfuls of gruel.

Should this not remove the disease, and much blood is discharged, five grains of ippecacuanha taken in a little water every four hours, will be necessary.

If the complaint is still obstinate, and the bowels feel hot, the following clyster must be given:—

Take of thick barley water, half a pint  
laudanum, one dram

to be repeated every two hours: the patient should have a pint of sound wine daily, a nourishing diet, and when convalescent, should take the following medicine:—

Take of Peruvian bark, one ounce  
water, one pint

boiled for ten minutes, strained,<sup>ev.</sup> and two table spoonfuls given every hour.

This disease generally occurs after boisterous, blowing weather, when the seamen's clothing and bedding become damp and wet, and often happens during the rainy season in tropical climates.

## POISONS INTERNAL.

Great danger ensues from *poison* taken internally, which is increased by the *nature*, quantity, and length of time it has been swallowed : when it consists of *arsenic*, *corrosive sublimate*, or any thing of that nature, the patient will almost immediately complain of violent griping, swelling, and sickness in the stomach and bowels ; vomiting, shiverings, great thirst, and cold sweats, the head and lower extremities begin to swell, and the face becomes bloated : the following vomit should be instantly given, and plenty of warm water drank during its operation :—

Take of ipecacuanha, one scruple  
water, two table spoonfuls, mixed.

Should it not operate in half an hour it must be repeated, and after the operation give the following medicine :—

Take of prepared kali, half an ounce  
water, two ounces

let a table spoonful be given every quarter of an hour, which will most likely produce vomiting and purging ; a clyster of three ounces of sweet oil and half a pint of warm water will be serviceable, and afterwards the following medicine must be given, also a nourishing diet of broth :—

Take of gum arabic, half an ounce  
water, four ounces  
laudanum, thirty drops

two table spoonfuls to be taken every two hours ; great care is necessary to keep the bowels very open for a few days after, that every particle of the poison may be expelled, for which, take one table spoonful of castor oil.

Seamen are frequently poisoned by eating *toad-stools* for *mushrooms*, and *hemlock* for *parsley*, which occasion nearly the same as the foregoing symptoms, and therefore the same treatment must be observed.

It has frequently come within my observation at Gibraltar and Cadiz, that sailors were poisoned by

eating *horse mackarel* and *shell fish*, that fed on copper banks and old wrecks of ships that were coppered : from this kind of poison the symptoms differ, the head feels (according to their own expression) as ready to split, and frequent inclination to go to stool, swelling of the head, vomiting, and itching all over the body, particularly the private parts ; the nature of this poison is not so dangerous, but debilitates more, and goes off in the space of twelve or eighteen hours : a pint of vinegar taken immediately when the symptoms appear is adviseable, and generally removes the effects of the poison ; should it not, a vomit of

Ipecacuhana, one scruple  
water, one ounce

taken at a draught, will be requisite : if a large quantity of vinegar is used when eating such fish, no bad effects will arise.

*Opium* or *laudanum* when taken in too large a quantity may be considered poisonous, which occasions the patient to feel lethargic and sleepy, and the extremities become numb ; the same remedy must be resorted to as prescribed in the former cases, with the addition of applying large blisters to the legs and neck, rubbing the whole body

with æther, (especially the chest) and keeping the patient constantly in motion is highly requisite : if the medicines before recommended have not operated well, let the following be tried :—

Take of jalap, two scruples  
cream of tartar, one dram  
essence of peppermint, three drops  
water, two ounces

mixed, and taken at a draught : if it does not produce several stools in four hours, to be repeated ; the best beverage is vinegar and water.

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## G O U T

Is a disease to which seamen in general are not very liable ; it attacks any part of the frame, and when near the stomach, or internal parts of the body which perform the necessary functions of life, is more dangerous.

Gout in the stomach commonly seizes with excruciating pain, sometimes shiverings, and the head is also considerably affected, but no change whatever takes place in the appearance of the patient, though in such agonizing pain.

This disease does not always attack at the same time of the year or day, as is generally supposed ; when it affects the extremities, as the feet or hands, it resembles the pain arising from dislocated limbs, and continues for some hours, then feels like the gnawing of an animal ; the parts are swelled, having a red and glossy appearance, and when there is a slight perspiration, the pain will often change to another part of the body.

Several remedies are recommended, particularly *quack medicines*, which have been the death of many suffering from this inveterate disease ; but I have found the only mode of obtaining relief is to keep the part affected moderately warm with flannel, and, if the feet, a small quantity of dry flour may be sprinkled on them : quietness and ease are very requisite, as *patience* generally proves the best physician.

The bowels should be kept open by giving half an ounce of Epsom salts occasionally ; one dram

of Peruvian bark mixed with three table spoonfuls of water should be taken every two hours ; the patient should live very regular, and wholly abstain from wine and spirits.

I would prohibit the use of cold water to the parts affected, though so strongly advised, as it is an expedient that has often proved fatal.

This obstinate disease is more prevalent in the winter and close of the year in northern climates and damp situations.

It is hereditary, and frequently proceeds from *intemperance*, modestly termed *high living*.

## RHEUMATISM.

There are two sorts, the *acute*, or *that* of short duration ; the *chronic*, or *that* of long continuance.

The *acute* is generally accompanied with fever and inflammation, pain, swelling, and redness in the affected part, which is increased when the patient becomes warm in bed ; thirst, and often alternate sensations of heat and cold.

If the patient is of a strong habit of body, twenty ounces of blood must be taken, and, as the bowels are generally costive, an ounce of Epsom salts will be serviceable ; after its operation, let the following medicine be given at bed time and in the morning :—

Take of compound powder of ipecacuhana,  
ten grains  
water, two table spoonfuls

to be well stirred and taken at a draught : the part affected should be frequently rubbed hard with flannel for half an hour together with the following liniment, and afterwards wrapped in flannel :—

Take of spirit of hartshorn, half an ounce  
olive oil, one ounce

shaken together : if the pain does not yield, after the foregoing treatment has been strictly adhered to for three days, let the affected parts be rubbed with oil of *turpentine* in the same manner as before, should this not succeed, a blister plaster must be applied, but taken off (in about five hours) before a blister is risen, which may be repeated the following day ; if this does not afford relief, the patient must be put in a warm bath at bed time, and the following medicine given :—

Take of Peruvian bark, one ounce  
laudanum, one dram  
water, one pint

shaken together, and two table spoonfuls to be taken every two hours.

Attention must be paid to keep the bowels open, which may be done by giving half a dram of rhubarb in a little water.

Chronic rheumatism affects different parts of the body without inflammation, and generally attacks people advanced in years : the following medicine must be given after the bowels have been well opened with half an ounce of castor oil :—

Take of compound powder of ipecacuanha,  
ten grains  
water, two table spoonfuls

to be taken morning and evening ; the parts affected must be well rubbed, as prescribed in the acute rheumatism, the diet in both cases should be rather nourishing than otherwise, but neither wine or spirits used, and flannel worn next the skin.

This disease is more likely to remain stationary in cold northern climates, therefore the patient should always be removed (if possible) to a warmer atmosphere.

It is also hereditary, and generally attacks seamen in returning from a warm climate, especially if any part of the frame has been wounded or

bruised ; and often proceeds from sleeping in damp beds, or wearing damp clothing : it is likewise owing to *old venereal complaints*, in which a mercurial course will be requisite ;—treatment of, see *venereal disease*.

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### LUMBAGO,

Or pain in the small of the back, is an affection of that part of the body only.

The hip is also frequently affected with severe pain, which is often called the *hip gout*.

This disease requires precisely the same mode of treatment, in regard to medicines and external applications as the rheumatism, and the general observations necessary for the patient to follow in that case apply equally in this.

The same causes too are productive of this complaint ; see *rheumatism*

## APOPLEXY, OR DEPRIVATION OF SENSE,

Is a total loss of sense and motion, while breathing, and the circulation of the blood continues.

When the patient is seized, he falls down senseless, and is deprived of all feeling, the chin hangs down with the mouth open, the face is often red, the heart beats strong, sometimes the patient foams at the mouth resembling a person fast asleep, attended by an involuntary discharge of urine and stools.

This disease requires immediate attention: the moment the patient is seized he should lose twenty ounces of blood, which should be taken from the jugular vein, but that would be improper for a person to do unacquainted with anatomy, and therefore a vein must be opened in the arm or foot; if leeches can be had they should be applied to the temples, the head shaved and constantly bathed with cold

vinegar and water, the chest well rubbed with spirit of hartshorn, and the following medicine given immediately :—

Take of jalap, two scruples  
cream of tartar, one dram  
water, two ounces

plenty of warm gruel should be drank ; if it does not operate in six hours, to be repeated : a clyster of two ounces of sweet oil and a pint of sea water sufficiently warm will also be requisite. If this does not render the patient sensible, a large blister must be applied on the head and behind the neck, and kept open with the following dressing on lint or rag :—

Take of blistering plaster, two drams  
yellow basilicon, one ounce

well mixed together : spirit of hartshorn should be occasionally held to the nose, and the following medicine given :

Take of camphor, one dram, let it be well rubbed with a little brandy until it is dissolved  
water, four ounces  
sweet spirit of nitre, two drams

mixed, and two table spoonfuls given every two hours.

The bowels must be kept open, which is best effected by giving half an ounce of castor oil.

The patient upon recovering will appear as a person waking from sleep, probably paralitic on one side, and unable to speak ; he should take gentle exercise, and eat an ounce of mustard seed a day ; rubbing the affected parts with flannel dipped in brandy will also prove serviceable : to prevent a relapse, blisters must be occasionally applied and the bowels kept open : the diet should be mild and opening, upon no account to use malt liquor, wine, or spirits.

This disease often proves fatal when the patient is first seized, and commonly proceeds from intoxication : when a person is restored from an attack of apoplexy, he should *never again* drink spirits, malt liquor, or wine.

Persons who have a large head, short neck, and florid appearance, also those of a full habit of body, should particularly adhere to the foregoing advice.

## LETHARGY OR DROWSINESS

Is a disease not very unlike apoplexy, but the patient is more sensible, as he will answer and open his eyes when spoken to or moved, though immediately becomes again in a state of *stupor* and sleep.

The same treatment is requisite as recommended in apoplexy, being only a slighter degree of that disease.

## VERTIGO OR GIDDINESS

Seizes the patient with dimness of sight, heaviness of the head, every object seems turning round, and he appears intoxicated and afraid of falling.

The moment of the attack, twenty ounces of blood should be taken and a blister applied behind the neck, the following medicine must then be given :—

Take of jalap, half a dram  
cream of tartar, two scruples  
water, two ounces

mixed, to be taken at a draught, which treatment will generally remove the complaint. Great care is necessary to prevent a return by using wine and liquors sparingly, observing a moderate regimen, and paying attention to keep the bowels open.

This disease frequently occurs in tropical climates, from being too much exposed to the sun.

Sea bathing is very serviceable to people liable to be affected with it.

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## PALSY OR PRIVATION OF FEELING

Affects different parts of the body, as the side, one arm or leg, hand or foot ; and there is another kind of palsy, which only affects the limbs by shaking and trembling ; in either case when a patient complains of losing the use of his limbs, the application of blisters will be requisite ; if the leg is affected, blisters should be applied to the hip and outer part of the knee ; if the arm, to the elbow or top of the shoulder, well rubbing the intermediate parts four times a day with oil of turpentine, brandy, or spirit of harts-horn ; the blisters must be kept open some time and the bowels active by giving half an ounce of castor oil when requisite : a mild nourishing diet and half a pint of sound wine given daily ; tea and other beverage should not be drank too hot ; the following medicine must be given :—

Take of Peruvian bark, one ounce  
powdered ginger, half an ounce  
water, one pint

well shaken, and two table spoonfuls given every three hours. Sea bathing, or dashing a bucket of sea water from about the height of ten or twelve feet is also serviceable; should this not succeed, electrifying the part has frequently proved beneficial, which may be done at the arrival of a ship in port, at any hospital, or public institution.

The occasion of this disease may be assigned to different causes; the compression of the nerves, severe cold weather, suffering wet clothes to dry on the body: the last mentioned palsy is often produced by drinking too freely of wine and liquors, an improper use of mercury for venereal disease, but most commonly old age; in both cases it often succeeds an apoplectic fit.

## HYPOCHONDRIA, COMMONLY CALLED SPLEEN

Is more connected with the mind than the body: the patient appears sluggish and low spirited, accompanied with anxiety, fear, and melancholy, and always afraid of some accident or evil befalling him: the bowels are frequently costive, occasional pain in the head and loss of appetite, convulsions and spasms also frequently attend this disease.

When a patient is first affected with the foregoing symptoms, the bowels should be well opened by giving one ounce and a half of Epsom salts, and repeated in the space of two or three days; he should be amused as much as possible, and when every pursuit fails to interest him, should be constantly talked to, and never left alone, to prevent his mind dwelling upon the mistaken notions that distress him.

The diet should be mild and nourishing, and a pint of wine taken daily will be serviceable; sea bathing is highly requisite: when the patient is much weakened, the following medicine should be given:—

Take of Peruvian bark, one ounce  
diluted vitriolic acid, one dram  
water, one pint

shaken, and three table spoonfuls taken every two hours.

This disease frequently arises from constant intoxication, particularly when a person has just sailed, and deprived of the usual quantity he drank on shore: separation from friends and relations upon the first voyage to sea, or any event that greatly tends to depress the spirits: it often produces melancholy madness.

## ASTHMA

Is a disease which generally commences with great difficulty in breathing, noise in the throat, loss of appetite, the cheeks are florid, great anxiety, pale urine, a sense of suffocation when lying down, and increased difficulty in breathing ; sweating about the neck and forehead, short cough, spitting small quantities of frothy matter, pulse is generally small, and when taking exercise tightness is felt across the chest : it is divided in two sorts, as *humid* and *dry* asthma ; the latter is not attended with spitting, but the other symptoms are the same. When the patient is weakly, he often wakes suddenly from sleep, starting with fear lest he should be choked from the painful sensation of violent pressure on the throat, and is also disturbed by anxious dreams.

When the patient is first attacked he should lose twenty ounces of blood, have a blister applied to the chest, and kept open for the space of a

fortnight or longer if no benefit is sooner derived : the following medicine must be given, and, if the bowels are not well opened, to be repeated :

Take of calomel, five grains  
jalap, ten grains  
common soap, ten grains

mixed and divided in five pills, two to be taken at bed time and three early in the morning, then afterwards give the following medicine :—

Take of gum ammoniacum, two drams  
water, half a pint

rub the gum with the water gradually poured on till it appears like milk, then add tincture of squills, two drams, well shaken, two table spoonfuls to be taken every two hours, the diet should be light and nourishing, no malt liquor ; acids, as lemon juice, diluted vitriolic acid in water with a little sugar, and brandy and water, will be found the most acceptable beverage. The patient should be careful to keep himself dry, and wear flannel next the skin ; if in a cold climate, should be removed as soon as possible, it being of the utmost importance : should he be unable to obtain rest at night, a *table spoonful of honey* and *thirty drops*

of laudanum must be given at bed time ; moderate exercise is very requisite, and should not sleep where there is the least smoke, a clear air being absolutely necessary ; the bowels must be kept open by taking half a pint of sea water, bathing the feet in warm sea water at bed time is also serviceable.

This disease generally attacks people of a weak constitution, the aged, and persons going immediately from a tropical to a northern climate ; it is a complaint very unusual in the summer, and frequently terminates in consumption.

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## D R O P S Y

Is a collection of watery fluid generally in some particular part of the body, as in the *belly*, *chest*, *head*, and *scrotum*, but sometimes extends itself throughout the frame : it is known by great swelling, (except the chest and head is affected) and is accompanied with thirst, difficulty in breathing,

short cough, quick pulse, impaired appetite, and very little urine passed ; the patient becomes daily emaciated and weak, the marks remain on pressure of the parts affected, the legs swell after little exercise, except the dropsy is in the head.

In this disease it is very necessary the food should be of a dry nature, as little drank as possible, no malt liquor, but half a pint of wine daily, as nourishment is requisite, and the following medicine given :—

Take of calomel, eight grains  
jalap, fifteen grains  
common soap, half a scruple

to be well mixed and divided in five pills, two to be taken at bed time, and three early in the morning.

Should this not open the bowels in the space of sixteen hours, the same to be repeated ; if the belly is the affected part, it must be well rubbed three times a day with a table spoonful of sweet oil till perfectly dry, a broad bandage or belt applied round it moderately tight : the following pills should be given :—

Take of calomel, thirty grains  
opium, half a scruple

well mixed together, and divided in fifteen pills of equal size, one to be given at night, and one early in the morning ; if they occasion griping give ten drops of laudanum in a little water : when the bowels are costive give two drams of Epsom salts, the rubbing with oil must never be omitted ; if the mouth becomes sore from the pills, use the following medicine instead :—

Take of nitre, one dram  
water, half a pint  
tincture of squills, two drams

mixed, and two table spoonfuls to be taken every two hours, well shaken.

Gentle exercise will be serviceable : should this not succeed, an operation will be necessary to evacuate the water, which, only a medical man can perform, and afterwards resort to the foregoing treatment again : let half a dram of tincture of muriated iron be added to the mixture, and taken as before.

If the legs swell much, long flannel rollers should be applied from the toes to the knees as tight as the patient can bear; should this not remove it, blisters must be applied to the calves of the legs, and, in either case, small stockings are proper.

Dropsy in the belly frequently proceeds from intemperance, cold, dysentery, external bruises, and drinking copiously of cold beverage when overheated.

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#### DROPSY IN THE CHEST

Requires the same treatment as in the belly, differing very little in the symptoms, and is also produced by the same causes.

If sickness is felt in this case, the following vomit may be given:—

Take of ipecacuhana, fifteen grains  
water, two table spoonfuls

mixed, and taken at a draught : the patient should drink a small quantity of warm water to promote the operation.

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## DROPSY IN THE HEAD

Affects with dizziness of the eyes, shiverings, stupidity, head-ach, pressure, like a weight on the brain; coldness at the back of the head, and a sensation of the watery fluid it contains ; there is no discharge from the nose, very little urine made, and the pulse quick : the best treatment is to shave the head, and then apply perpetual blisters ; the bowels must be well cleared with the following purgatives ;—

Take of calomel, six grains  
jalap, fifteen grains  
water, a few drops

well mixed, and divided in five pills of equal size, two to be taken at bed time, and three early in the morning ; the same pills should be repeated the next day, and the *third day* give the following mixture :—

Take of jalap, two scruples  
cream of tartar, one dram  
water, three ounces

mixed, let half be taken early in the morning, and the other part three hours after ; warm gruel must be drank during its operation.

Snuff, composed of tobacco only, should be occasionally used to excite sneezing ; the patient must not be kept too warm ; moderate exercise is requisite, and the diet low, wholly abstaining from spirits, malt liquor, and wine.

This disease is very rare in grown-up persons.

## DROPSY IN THE SCROTUM

May be ascertained by the swelling and pulsation of the watery fluid, also, by holding a candle at a little distance, the water may be observed through the skin ; the following lotion must be constantly applied :—

Take of Goulard's extract of lead, one dram  
water, half a pint

a large piece of linen rag (several times folded) should be dipped in the application, and the part supported against the body with a bandage ; an ounce of *Epsom salts* must be taken when the bowels are costive ; should this not afford relief, the operation of tapping must be performed by a medical man,

Dropsy in the scrotum is often produced by external violence, and in hot climates where this complaint is much more prevalent, I have seen it

occasioned in sailors by sliding down the backstays of the ship ; another cause is lying on the yard.

In tropical climates, where the parts are so relaxed, a suspending bandage should be worn.

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### TYMPANY, OR WINDY DROPSY,

Is a disease in which the belly resembles a hard windy tumour, in fact, like a drum ; it is very painful, particularly on pressure, and the patient feels as if he would burst : it should be rubbed several times during the day with a table spoonful of sweet oil till quite dry, and give the following pills :—

Take of calomel, five grains  
extract of coloquintida, ten grains

well mixed together and divided in five pills, two to be taken at bed time, and three early in the

morning ; should this not open the bowels moderately, to be repeated : gentle exercise, and half a pint of sound wine daily will be serviceable ; the bowels to be kept open by occasionally taking half a pint of sea water.

This disease is often occasioned by too sudden a stoppage in diarrhoea or dysentery, also from too large a quantity of bark being given without administering purgatives.

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### STONE IN THE BLADDER

Is a hard gritty substance in the bladder, producing the following symptoms, as sickness, pain in the back and above the yard, also pain and difficulty in voiding urine, which is often discharged by a few drops at a time, very dark colored and sometimes bloody ; frequent inclination to void urine, and go to stool at the same time ; pain in the thighs and testicles, and often itching in the

yard and passage : the patient should take an ounce of Epsom salts, and if the pain is violent, should lose one pint of blood : many medicines are recommended suitable to the nature of this painful complaint, but few have proved beneficial ; the best mode is to keep the patient in gentle exercise, live on mild nourishing diet, avoiding malt liquor, spirits, or any thing of a heating nature : the following medicine may be given :—

Take of nitre, one dram  
prepared kali, one dram  
common soap, two drams

mixed together and divided in forty pills, three to be taken morning and evening : when there is great pain and difficulty in making water, the patient must endeavour to void it by lying on his back ~~or side~~, as the stone will frequently alter its position and leave the passage free ; twenty drops of laudanum given at bed time will often afford ease ; if the urine cannot be voided, a bougie, or elastic catheter must be introduced in the bladder, previously dipped in sweet oil.

When the stone is growing very large the medicines will be useless, and the only resource left, is the operation of removing the stone by cutting ;

the bowels should be kept open by giving half a pint of sea water occasionally, and a wine glass of lime water taken four times a day may be serviceable, made in the following way—one quart of boiling water poured on two table spoonfuls of slack lime, and stand till cold.

This disease is sometimes occasioned by constantly drinking large quantities of fermented liquors, as cyder, acid, small wines partaking of a tartareous quality.

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## GRAVEL

Frequently produces the same symptoms as the stone, but is far less difficult to remove : the bowels should be well opened by giving a pint of sea water occasionally, the patient should drink plenty of barley water or linseed tea, in which a small quantity of nitre is dissolved, and the following powders given :—

Take of purified nitre, two drams  
gum arabic, three drams

mixed and divided in twelve equal parts, one powder to be taken four times a day in a little water ; a tea spoonful of olive oil taken occasionally will also prove serviceable.

The diet should be mild and nourishing, avoiding malt liquor and wine ; a little brandy, or gin and water is the most proper beverage.

The gravel generally proceeds from the same causes as the stone.

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## SUPPRESSION OF URINE

May attack by a partial or total stoppage in making water.

When the patient is first seized, it should be ascertained whether it is caused from a stricture by

introducing a bougie or catheter (well oiled) in the *urethra* or passage to the bladder, and should it prove so, the bougie must be introduced three or four times a day, remaining as long a time as the patient can bear, and the size of the bougie daily increased till the stricture is removed.

When it proceeds from a convulsive affection, the feet and legs must be put in cold water for ten minutes twice a day, a blister applied on the bottom of the belly, and forty drops of laudanum in a little water: if the suppression continues, twenty ounces of blood should be taken and the laudanum repeated.

If accompanied with fever, great thirst, and severe pain, the bleeding must be also repeated and an ounce of castor oil given; should this not have the desired effect, the lower part of the belly must be fomented with flannel dipped in hot water, or the patient must sit in a tub of warm water as high as the hips, endeavouring to introduce a bougie at the time: he should be kept as quiet as possible, and the following medicine given:—

Take of olive oil, one ounce  
spirit of nitre, two drams  
laudanum, one dram

mixed ; a table spoonful to be taken in two table spoonfuls of water three times a day ; when the bowels are costive, half an ounce of *castor oil* will be requisite.

The diet should be nourishing, abstaining from wine and malt liquor ; his beverage should be linseed tea, in which there is a little nitre dissolved.

This disease may be assigned to many causes, as gravel, stone, convulsions, severe colds, inflammation and cramp in the bladder ; also, from strictures which are occasioned by improper astringent injections in *gonorrhœa*, commonly called clap or running, and by drinking large quantities of malt liquor or spirits, from which cause is produced convulsive affections.

## JAUNDICE

Is a disease which turns the skin and white part of the eyes very yellow ; is attended with weakness, loss of spirits, sickness, difficulty in breathing, pain in the stomach, costiveness, the stools are of a light clay colour, bitter taste in the mouth, and the urine high coloured.

When the patient is seized with the foregoing symptoms he should take the following pills :—

Take of calomel, half a dram  
extract of coloquintida, one dram

well mixed, and equally divided in fifteen pills, one to be taken at bed time, and two early in the morning ; during the day the following medicine should be given :—

Take of nitre, one dram  
tincture of squills, one dram  
water, half a pint

mixed, two table spoonfuls to be taken every two hours : the calomel pills should be continued unless the mouth becomes sore, then they must be omitted, but the mixture still continued : attention must be paid to keep the bowels open by giving half an ounce of castor oil : if sickness at the stomach is felt, the following vomit must be given :—

Take of emetic tartar, one grain  
ipecacuanha, ten grains  
water, three table spoonfuls

to be taken at a draught and plenty of warm water drank during its operation : as soon as the soreness of the mouth is removed, the pills must be again resorted to.

The diet should be low till the disease is eradicated ; when only weakness remains, half a pint of sound wine should be given daily, the food nourishing, and ten drops of *tincture of muriated iron* taken three times a day in a little water.

This disease is occasioned from an inflammation in the liver, also from its becoming *scirrhous* or hardened, from obstruction of small stones in the gall bladder or its passage, from excessive drinking, and, in tropical climates, from the yellow or bilious remittent fever.

## INDIGESTION

Is a disease of the nervous system, which affects the patient with weakness, so much, that he trembles upon the slightest noise: wind, pain in the stomach, disturbed sleep, offensive breath, and in the morning with sickness and loss of appetite.

Great care is necessary to keep the bowels open by taking half an ounce of castor oil occasionally, and the patient should have a bucket of sea water dashed over him at sunrise and sunset: nothing is so important as strictly observing a moderate regimen, not eating any thing of a high seasoned nature, and wholly abstaining from malt liquor, wine, and spirits: the following medicine must be taken:—

Peruvian bark, one ounce  
rhubarb, half a dram  
water, one pint

let it boil ten minutes, then strained, and two table spoonfuls to be taken every two hours: if at a place where oranges can be procured, two or three eaten before breakfast with part of the rind, will render the breath sweeter: exercise is highly requisite.

This disease is generally produced by high living, and drinking strong wine and liquors to excess.

The patient is apt to imagine his breath is offensive from decayed teeth, when it proceeds from the state of the stomach.

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### DIABETES, OR EXCESSIVE DISCHARGE OF URINE,

Is an uncommonly troublesome disease, and affects the whole system; the urine is of a pale watery colour and often discharged involuntarily, the patient feels a constant inclination to make

water, when he only passes a few drops ; there is great weakness about the loins, sometimes the feet and testicles are swelled, and frequently a convulsive affection in the bladder : the patient gradually weakens and wears away, as the parts connected with the formation of urine become debilitated.

Sea bathing is the most beneficial remedy in this complaint, half a pint of sea water should be taken every morning, the diet nourishing, but little drank, no acid beverage, malt liquor, or spirits ; half a pint of port wine given daily will be serviceable, at bed time twenty drops of laudanum will be requisite ; should this not effect a favorable change, a dram of *Peruvian bark* must be given every two hours, mixed in a wine glass full of water ; a blister may be applied on the small of the back, and kept open for some time.

This disease frequently attacks sailors when in port, through continual drunkenness, especially if the beverage is malt liquor, small wines, or any thing of an acid nature, and is often discharged as soon as drank.

## EPILEPSY OR CONVULSIONS, COMMONLY CALLED FITS,

Is a disease which generally attacks the patient suddenly, but sometimes he has intimation of being seized by the symptoms of head-ach, giddiness, palpitation, and trembling; frequently the fits attack at a certain period of the day, and the patient falls down kicking, raving, and gnashing the teeth, the mouth is covered with froth, the thumbs are clenched within the hand, in which state the patient often remains a considerable while, at other times only a few minutes; occasionally he falls asleep, and on waking only feels weak, without knowing what has happened to him.

When the complaint may be attributed to worms, the complexion is generally sallow, the belly hard, a craving appetite, itching at the nose and fundament, and the same treatment should be observed as prescribed for the disease of worms: when the fits are occasioned from any other cause, at the moment of attack the patient should be undressed, and two or three buckets of sea water dashed over

him ; likewise a bucket thrown over him morning and evening, with a pint of sea water taken internally twice a week. If the patient is seized with a fit below, he should instantly be carried on deck, his neckcloth untied, and every thing taken off that is tight about him, his forehead and temples should be rubbed with æther, and a tea spoonful given internally in a little water.

Burning paper or feathers held under the nostrils is frequently serviceable : as few people should be near the patient as possible, and when the fit is over, he should lose sixteen ounces of blood and have the bowels well opened with the following medicine :—

Take of jalap, two scruples  
cream of tartar, one dram  
water, two ounces

mixed, half taken at a time and the other half in two hours, well shaken ; a blister applied in the hind of the neck and kept open for a considerable time ; the following medicine should then be given :—

Take of Peruvian bark, one ounce and a half  
water, one pint

boiled for ten minutes, strained, then add sweet spirit of nitre, two drams ; two table spoonfuls to be given every two hours ; half a pint of wine daily, and a mild nourishing diet will be requisite.

Persons liable to fits should not be permitted to go aloft, neither swim or be employed in boats ; for want of this precaution I have known two instances that proved fatal, one, where a man was drowned, the other fell from the topsail yard and was instantly killed, and a third severely bruised ; they should also be very cautious not to get intoxicated.

This disease may be assigned to the following causes : worms, intoxication, violent passion, or agitation of the nervous system, and it is often hereditary.

## HEAD-ACH.

In almost every disease the head is more or less affected ; when it proceeds from bile, a coldness is generally felt at the back of the head, and the sleep disturbed ; but if from excessive drinking, after the debauch, it is accompanied with great stupidity, severe pain and weight across the forehead, the eyes are red and inflamed : in either of these cases, the following vomit should be given :—

Take of emetic tartar, one grain  
ippecacuanha, fifteen grains  
water, two table spoonfuls

to be taken at a draught, plenty of warm water drank during its operation, and after, the following purgative must be given :—

Take of calomel, six grains  
jalap, twelve grains

and honey sufficient to make in five pills equally divided, two to be taken at bed time, and three early in the morning ; after they have sufficiently operated, a pint of sea water should be drank, the feet bathed at bed time in warm sea water, and the patient must drink plentifully of water gruel ; should this not remove the pain, a blister must be applied to the back of the neck, and the pills continued as before.

When the head-ach proceeds from cold or inflammation, the eyes are red, and attended with alternate sensations of heat and cold ; the same treatment should be resorted to as in the *brain fever*.

A constant head-ach is frequently produced by *old venereal complaints*, and the pain is increased upon the patient becoming warm in bed, for which, a mercurial course is requisite.—see *venereal disease*.

From whatever cause it may arise, patients much affected with head-ach should be very careful to keep the bowels open by occasionally drinking a pint of sea water, and the diet should also be low.

This disease frequently occurs after debauch, by taking cold when overheated ; in tropical climates

from being exposed to the sun, and frequently after sea bathing, by remaining too long in the water and diving from a great height.

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## VOMITING.

When this complaint is caused by excessive drinking, the following vomit should be given :—

Take of emetic tartar, two grains  
ipecacuanha, fifteen grains  
water, two ounces

mixed, half to be taken at a time, and the other half in the space of an hour, drinking plentifully of warm water during its operation ; when the vomiting has ceased, give the following draught :—

Take of prepared kali. one scruple  
water, one table spoonful  
lemon juice, half an ounce

to be taken while it effervesces, and repeated every two hours: should this not succeed, give twenty drops of *laudanum*, and when the stomach is settled, half an ounce of castor oil should be taken, and the diet must be low; broth is most proper, till the stomach has regained its former strength, when a glass of sound wine, two or three times a day, will be serviceable.

This complaint is occasioned by weakness of the stomach, inflammation, colic, sea sickness, excessive drinking, fractures of the skull, and obstructions occasioned by ruptures in the groin.

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### VOMITING BLOOD

Is very alarming and distressing, the patient feels great languor, oppression of the chest, a sense of weight on the stomach, the bowels are costive, and the pulse varies, being sometimes low, at other

times quick and full ; occasionally it is attended with severe pain in the chest, head-ach, dimness of sight, loss of appetite, and sallow complexion.

A sensation of sickness immediately precedes the vomiting, the blood is easily expelled, and varies in its appearance, sometimes being florid, at other times black and thick ; it also differs in quantity, from two or three ounces to two pounds. When the patient is first seized his diet should be low, carefully abstaining from food of a heating nature, and from drinking malt liquor or spirits : the following pills should be given :—

Take of calomel, six grains  
jalap, twelve grains

honey sufficient to make in five pills, equally divided, two to be taken immediately, and the rest in three hours after, drinking plentifully of water gruel ; if the bowels are not opened in the space of eight hours, an ounce of castor oil must be taken, the pills to be repeated the next day, and the following medicine given :—

Take of Peruvian bark, two ounces  
water, one pint

boiled for ten minutes and strained, add two drams of diluted vitriolic acid, to be well mixed, and two table spoonfuls taken every two hours : the foregoing pills, or an ounce of castor oil, should be given once a week, as a relapse is most likely prevented by keeping the bowels open : half a pint of port wine given daily, and a mild nourishing diet.

When the complaint may be attributed to the lungs, the blood is generally florid, and the patient constantly inclined to a slight tickling cough ; one pint of blood should be taken, and the disease treated as prescribed for inflammation of the lungs.

If the complaint proceeds from contusions, a pint of blood should be taken, and repeated the next day ; if the strength of the patient will admit, an ounce and a half of Epsom salts must be given : if the contusion is external, cold vinegar and water should be applied, one part vinegar and three parts water ; great care is necessary to keep the bowels open.

This disorder frequently arises from the patient overstraining himself by too hard labour, from intemperance, and also from contusions ; it is always more or less dangerous according to the age and strength of the person.

## SEA SICKNESS,

Though not dangerous, is the most distressing disorder that can affect the human system, and produces the following symptoms—a degree of sickness that seems indescribable, and loathing even the smell of food, accompanied with dizziness, fear, anxiety, languor, and continual vomiting ; for if it ceases a few minutes and the patient only moves, it attacks him again : many medicines are prescribed by medical men which invariably fail ; the sailor's remedy, a *glass of grog*, I have ever found the best specific, or a little neat brandy and sea biscuit. The person affected should keep on deck as much as possible, and endeavour to occupy his mind with some employment ; after a few days the disease will generally go off, but I have seen instances where the sickness has continued for a month, and the patient has become so debilitated as to feel unable to move without assistance ; also, where sailors have been to sea for many years, and were always affected with sea sickness as soon as the vessel was fairly out at sea.

## SPITTING BLOOD

Seizes the patient with a short cough and difficulty in breathing, the blood he spits is frothy and florid: when the lungs have been diseased by inflammation, or the patient is consumptive, matter is united with the blood; the diet must be low, avoiding spirits or malt liquor, and the patient should lose a pint of blood, which must be repeated the next day if his strength will admit; half an ounce of castor oil must be taken, if it does not operate in the space of six hours, to be repeated, and plenty of linseed tea drank in which a small quantity of nitre is dissolved, then give the following medicine :—

Take of nitre, one dram  
gum arabic, three drams  
water, four ounces  
laudanum, thirty drops

mixed, a table spoonful to be taken every hour, to be continued for some time, and the feet bathed

every evening at bed time in warm sea water: should this treatment not succeed, let the following medicine be tried :—

Take of tincture of muriated iron, one dram  
sweet spirit of nitre, one dram  
water, eight ounces

and two table spoonfuls to be given every two hours; if there is much pain in the chest a blister must be applied, and if the patient is not relieved, the treatment prescribed for the disease of the lungs should be resorted to: great attention is requisite to keep the bowels open.

This disease is occasioned by a *rupture* or weakness in the vessels of the lungs, cough, inflammation, external violence, or inward contusions, and hard drinking.

## BLEEDING AT THE NOSE.

Persons liable to this complaint should pay particular attention to keeping their bowels open by taking half a pint of sea water occasionally, and a pint of blood or more must be taken from the arm, agreeably to the habit of the person.

When the bleeding is troublesome, and cannot be easily stopped, the following lotion should be introduced into the nostrils with a pledge of lint :—

Take of alum, one dram  
water, half an ounce

let the alum be well dissolved, and twelve drops of the tincture of muriated iron in a table spoonful of water should be given internally; should this not succeed, one or two buckets of sea water dashed on the back and neck will be found serviceable, and the foregoing plan continued.

This complaint may proceed from several causes ; weakness of the blood vessels of the nose, too great a pressure of blood in that part from violent sneezing, also from thinness of the blood ; it frequently occurs after a head-ach occasioned by the heat of the sun, and accompanies the bilious remittent fever.



## TOOTH-ACH

Is a complaint which almost every individual has suffered ; when the pain proceeds from a *carious* or rotten tooth, only a temporary relief can be procured by any remedy, therefore it is better extracted as soon as the person can reach a medical man.

Many remedies are recommended, but few succeed ; the best I have found is composed of the following tincture :—

Take of camphor, half a dram  
brandy, one dram

dissolve the camphor well, then add one dram of *laudanum*, and two drops of essence of peppermint, apply a few drops on a piece of lint or cotton to the tooth ; the bowels should also be kept open by taking half a pint of sea water occasionally : if this does not alleviate the pain, a blister must be applied behind the ear, and thirty drops of laudanum given at bed time in a table spoonful of water.

Half a grain of opium put in the decayed tooth, will frequently remove the pain.

The tooth-ach often arises from colds, rheumatism, and taking too much mercury.

A decayed tooth has frequently been productive of other diseases, which neither the patient or medical attendant ever suspected.

## EAR-ACH.

When produced by inflammation the pain is very severe, accompanied with beating like a drum, and the head is also considerably affected ; a blister should be applied behind the ear, and a few drops of laudanum poured within, afterwards putting in a bit of lint or cotton ; should it not relieve the pain, a few drops of olive oil may be dropped in, which will frequently remove it : an ounce of Epsom salts must be given, and the head kept warm.

The ear should be constantly held over a jug of hot water to draw in the steam, or a large poultice of oatmeal applied to the side of the head affected ; should this treatment not succeed, in two or three days matter will form, which is best discharged by syringing the ear with warm water in which there is a little tincture of myrrh ; if the discharge continues, the ear must be injected with the following lotion eight times a day :—

Take of Goulard's extract of lead, half a  
dram  
laudanum, half a dram  
water, three ounces

afterwards, a few drops of olive oil poured in.

Deafness generally ensues after *suppuration* or gathering, the injection must be daily continued till the discharge subsides.

If the pain is owing to a collection of hardened wax, which is easily ascertained by looking into the ear; when the sun shines place the head in such a direction that the rays of the sun will fall on the ear; if this be the case it should be injected with warm water in which soap has been rubbed, previously dropping a little oil in the ear, for two or three days.

If living insects are in the ear, the injection must be immediately used to prevent dangerous symptoms which may ensue; if the ear-ach arises from cold or rheumatism, warm poultices should be applied, or a roasted onion; if the pain is very severe, give thirty drops of *laudanum*, and three grains of *antimonial* powder in a little water at bed time.

I have frequently seen a few grains of fine salt put in the ear prove very successful, when other remedies have failed.

The ear-ach arises from inflammation of the internal ear, from cold, collection of wax, insects, or any hard substance; seamen are very subject to it after bathing.

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## HICKUP

Is a convulsive affection of the stomach, and parts connected with swallowing: when occasioned by an empty stomach, it is easily removed by giving twenty drops of laudanum mixed with ten drops of spirits of hartshorn in a table spoonful of water.

When it proceeds from drinking, or the stomach being overloaded, the following vomit should be given:—

Take of ipecacuanha, fifteen grains  
water, three table spoonfuls

to be taken at a draught, and plenty of warm water drank to assist its operation; if this does not remove it, give two table spoonfuls of brandy: retaining the breath for some time; sudden surprise or fright, often affords relief: a bucket of sea water suddenly thrown over the person, is a more certain, though less agreeable, remedy.

Persons much affected with the hickup should wear a pitch plaister on the pit of the stomach.

This complaint sometimes arises from an empty, at other times from too full, a stomach, also from drinking freely; it may be produced by great weakness in fevers, and after a *haemorrhage* or loss of blood, when it is dangerous.

## COUGH

Is an irritation of the lungs, and frequently more troublesome than dangerous; sometimes it is of a dry nature, at other times accompanied with spitting: when the patient is first seized, and the cough arises from cold, the following medicine should be given for two nights at bed time.

Take of antimonial powder, five grains  
calomel, four grains

honey sufficient to make in two pills; he must be kept as warm as possible, and not take any thing heating, as wine, spirits, or malt liquor, to produce irritation, but drink abundantly of linseed tea, in which there is a little nitre dissolved, and bathe his feet in warm sea water; if the cough is very troublesome when in bed, twenty drops of laudanum must be given: should the cough not abate, twelve ounces of blood must be taken, and a blister applied to the chest; give half an ounce of *castor oil*, if it

does not operate freely, to be repeated: if the cough still remains as before, let the following medicine be given, and the pills discontinued:—

Take of nitre, two scruples  
gum arabic, one dram and a half  
honey, half an ounce  
tincture of squills, one dram  
water, four ounces

mixed, one table spoonful to be taken every two hours: the linseed tea must be continued till the patient recovers.

The bowels kept open by giving half an ounce of *castor oil* occasionally, and the diet light and nourishing.

A cough is occasioned by *any thing* that irritates the lungs, which are affected from catching cold.

## INFLAMMATION

May be divided into *external* and *internal*; the latter has been described in the different diseases with which it is connected, as inflammation of the lungs, pleurisy, &c. I will now describe the nature of external inflammation, according to its several modes of termination.

When any part of the body is affected with inflammation, it appears red, swoln, and the skin dry, attended with extreme heat and a beating pain, the pulse full and quick, and great thirst; when these symptoms are removed by application, it is called determination; if the symptoms increase, and the swelling or *tumour* becomes larger, soft, and shining, matter is forming; *this change* is called *suppuration* or ripening into matter: if the symptoms do not assume the last mentioned state, and the *tumour* changes from red to a bluish or lead colour, with small blisters on the surface,

and at last becomes black, it terminates in *mortification* or dead flesh : the last state of inflammation terminates in the part becoming a scirrhouſe or hardened swelling, which is not easily removed except by an operation, and in either case will require surgical skill.

I shall now proceed to the respective modes of treatment.

When inflammation terminates as first described after fevers and *internal disorders*, it must not be reduced by application, as the disease is removed from nature forming a tumour, but should come to the second state, called suppuration or formation of matter ; if this is not the case, the following cold application must be used :—(a very slight degree of inflammation will go off without any thing)

Take of Goulard's extract of lead, one  
dram  
water, two ounces

and wet rags constantly applied to the part affected ; an ounce of Epsom salts should be given, and the diet low, avoiding wine, spirits, or any heating liquors.

If the inflammation is not removed in the space of two or three days, twenty ounces of blood must be taken ; and should it be occasioned by wounds, if any splinters remain in the part they must be first extracted : the application of leeches (if they can be procured) and cold sea bathing the affected part is very beneficial, which should be kept as still as possible, and if too tender for the patient to admit the constant application of rags, a cold poultice should be applied made of oatmeal and the lotion prescribed. When the pain is so severe as to disturb the patient's rest, thirty drops of *laudanum* must be taken : if this mode does not produce a change, suppuration will ensue, which may be ascertained by the forementioned symptoms of that state, and the following treatment should be observed : if the patient is weak, his diet must be nourishing, a pint of sound wine, or more taken daily ; warm poultices of oatmeal, in which there is a little grease must be applied, and renewed three times a day as warm as the patient can possibly bear. When the matter is completely formed, the pain will nearly subside, and the part feel rather numbed ; a fluctuation of fluid is easily perceived by pressure ; if the skin is very thin, a deep opening or incision should be made on the most prominent part ; but if hardness is felt, the

tumour must remain till it breaks itself ; the best mode of opening is with a lancet, caustic being more troublesome and painful : after the tumour is emptied, great care is necessary that the least air does not penetrate, as it would make the wound more difficult to heal ; the poultice should be still continued for a few days till the matter is entirely discharged, and then the wound be dressed daily with yellow basilicon spread on lint or rag, and a long roller tightly applied over : if the discharge is great, it should be dressed morning and evening, being previously washed and cleansed with warm water ; when the cavity of the wound is filled up, the dressing must be changed for Turner's cerate : the patient should live on mild nourishing diet, and the bowels kept open with sea water occasionally. When the inflammation terminates in *mortification*, the patient's strength must be supported agreeably to the size of the limb or part mortified, by giving more or less than a bottle of sound wine daily : the poultice before prescribed must be continued till the mortified part is removed by gathering or *suppuration*. If the whole limb is mortified it will require amputation, (which no one would attempt but a surgeon :) the following medicine must be given :—

Take of Peruvian bark, one ounce  
diluted vitriolic acid, one dram  
water, one pint

three table spoonfuls to be taken every hour, well shaken ; afterwards the ulcer must be dressed as prescribed in the former treatment.

Inflammation is occasioned from wounds, bruises, burns, scalds, and may be produced by venereal affection, and other internal causes

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## B O I L

Is a small swelling which may rise on any part of the body ; is very hard, red, and extremely painful ; it comes to *suppuration* or matter in the space of a few days, and is frequently attended with fever ; if the boil is near the wrist, sometimes the glands of the arm pit become swollen and very painful ; a boil on the leg frequently affects the

groin, and has often been ignorantly treated for a venereal bubo: they generally heal without much trouble, a warm oatmeal poultice with a small quantity of grease renewed four times a day will soon ripen it: the boil may be opened with a lancet, or suffered to break itself, and afterwards the poultice continued till the *core* within side is removed, and the matter entirely discharged.

It should be dressed with *Turner's cerate* spread on lint, and a bandage applied over; if *fungus*, or what is commonly called proud flesh appears in the sore, it must be touched with blue stone.

To prevent the recurrence of so painful a sore, the bowels should occasionally be opened with half a pint of sea water.

Boils are most commonly occasioned by catching cold, from remaining long in a current of air, and also from very gross *living*.

## GUM BOIL

Generally occurs after the tooth-ach, and occasions severe pain, a small tumour arises on the affected part, the cheek or mouth frequently swells and increases till a white spot appears in the tumour.

The treatment I have found most beneficial is the following tincture applied with a bit of lint :—

Take of honey, half an ounce  
tincture of myrrh, two drams  
water, two drams

which may be continued after the boil is broke.

If the tooth, or socket of the affected gum is *carious* or rotten, after the boil is healed it will be succeeded by another, unless the tooth is drawn, or the decayed socket removed : in addition

to the tincture a piece of fig will assist in ripening the boil, and the bowels kept open by giving an ounce of Epsom salts occasionally.

Gum boils proceed from cold, also from a *carious* or rotten tooth.

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## WHITLOW

Is a very painful swelling at the extremities of the fingers, often under the nails, containing an acrid watery matter ; the whole arm is frequently affected with pain : the part is uncommonly tender when touched, accompanied with beating, but not much discoloured.

The patient should first endeavour to bring it to determination, as described in external inflammation, by the use of the following lotion :—

Take of Goulard's extract of lead, half a  
dram  
brandy, two drams  
water, four ounces

and wet rags constantly applied to it : an ounce of Epsom salts to be taken : the hand must be kept perfectly quiet in a sling, and should the part not become dry and the swelling abate, in the space of two or three days a warm oatmeal poultice must be applied, and renewed three times a day ; if very painful the patient should take twenty drops of laudanum at bed time ; the tumour must be opened with a lancet nearly its whole length, and the poultice continued till the matter is entirely discharged : if it proves very inveterate, the flesh may decay, and even the bone, (which can be ascertained by introducing a probe) then the poultice should be continued till the mortified part suppurates, and the sore is entirely freed from matter ; afterwards to be dressed with yellow basilicon spread on lint, and a bandage over.

When the cavity or hollow is filled, the dressing should be changed for Turner's cerate ; if the nail comes off, the part must be dressed with a bit of lint dipped in *tincture of myrrh* : the patient should occasionally take an ounce of Epsom salts

to keep the bowels open, and not drink spirits or any heating liquor. If the whole of the finger bone is mortified or *carious*, it should be taken off as soon as medical assistance can be obtained, as great pain and trouble will arise from suffering it to come away by degrees.

Swellings of this kind may proceed from various causes, as external violence, hurts, contusions, pricking with a pin or needle, and more likely by snuffing candles with the fingers.

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## CHILBLAINS

Are red swellings either in the hands or feet, and sometimes on the back of the legs and above the elbows : they itch in a most violent degree once in the space of twenty-four hours, but not always at the same period, as exercise or the part becoming warm will occasion it ; the itching is accompanied with great heat in one part that is affected, and extreme cold in another at the same time ; chilblains

are likewise stiff, sore, and accompanied with a beating pain: *care* is necessary to prevent their breaking by observing the following advice:—to keep as much as possible from the fire, and rubbing them twice a day with some cold application, as water, snow, ice, sea water, or strong salt and water, brandy and oil of turpentine are also beneficial; but any thing applied warm will be injurious: should this not succeed, the following liniment must be well rubbed in twice a day:—

Take of linseed oil, one ounce  
lime water, one ounce

well shaken together: when the chilblains break or ulcerate, the discharge of the matter is sharp and painful; warm poultices of *oatmeal* should then be applied, and continued till the parts are clean, the sore must then be dressed with Turner's cerate spread on lint: if fungus or proud flesh appears, it should be touched with blue stone, and when it becomes flat or is filled up, it may be dressed with simple *diachylon* or adhesive plaster.

Chilblains only happen in winter except in cold climates; children and weakly persons are most liable to them.

## FROST-BITTEN LIMBS

Occasion total want of feeling in the part affected, and great pain accompanied with strong *pulsation* or beating in the surrounding part ; the extremities of the body, as the ends of the fingers and toes are most liable to be frozen : when a patient is thus affected he should immediately be well rubbed with snow, if to be had ; if not, with brine from salt meat, and the friction continued a considerable time : should this not produce a tingling pain in the affected part, *oil of turpentine* must be well rubbed in with flannel, and the limbs or part affected wrapped in flannel ; a glass of cold brandy and water should be given internally, but afterwards to avoid spirits or any thing heating.

The friction or rubbing should be frequently repeated for two or even three days ; if it does not then produce pain and tingling, the frozen part will become of a lead colour, and must be brought to suppurate or form matter by the application of warm oatmeal poultices renewed four times a day, to be

continued till it breaks, and the matter and mortified flesh is entirely removed ; then dressed with yellow basilicon spread on lint, and a bandage over ; when the ulcer is clean and filled up, the dressing must be changed for *Turner's cerate* : the following medicine should be given :—

Take of Peruvian bark, one ounce  
water, half a pint  
diluted vitriolic acid, one dram

well shaken, and two table spoonfuls to be taken every two hours, and continued during suppuration ; the diet must be nourishing, and a pint of sound wine or more taken daily.

If a whole limb is mortified amputation will be necessary.

Seamen employed in the Greenland fishery have frequently frozen limbs, also those employed in ships trading to northern climates during the winter season.

Two instances have come within my practice, where frozen limbs have recovered their former vigour by the application of brine.

## ERYSIPelas, OR ST. ANTHONY'S FIRE

Is a disorder of the skin, and affects with swelling, heat, pain, and violent itching, presenting a bright red colour; sometimes it breaks out in an eruption, and the pimples often contain a watery fluid; it most commonly attacks the face and extremities of the body, and often accompanies whitlows of the fingers, when it generally extends along the arm, but sometimes spreads over the whole body: the patient should live on a mild nourishing diet, an ounce of Epsom salts must be taken, and if the bowels are not well opened in the space of twelve hours, to be repeated: the affected part should often be lightly sprinkled with flour and covered with rag; also kept as still as possible, which is more necessary to observe if the extremities are attacked: at bed time give the following medicine:—

Take of antimonial powder, four grains  
nitre, ten grains  
water, two table spoonfuls

and to be repeated every evening for a week : should this treatment not succeed, the following vomit must be tried :—

Take of ipecacuanha, one scruple  
emetic tartar, one grain  
water, two table spoonfuls

mixed and taken at a draught, and plenty of warm water drank during its operation ; the flour must be continued to the affected part as before. If any of the blisters break and produce an ulcer, they should be dressed with the following ointment :—

Take of olive oil, half an ounce  
Goulard's extract of lead, half an  
ounce

well mixed together and applied with lint.

This disease (like many others) is often produced by excessive drinking, especially when it appears about the face and nose ; it is also occasioned from old venereal complaints, then it can only be eradicated by a gentle course of *mercury*.

In hot climates it is frequently in the face, from the irritation of the sweat.

## RING-WORM

Is an affection of the skin which forms like a ring of small red pimples ; it feels hard, hot, and rather painful, and upon the person becoming warm affects with a pricking pain : half a pint of sea water should be taken every morning for a week, and sea water applied to the affected part by laying wet rags on it.

If this does not succeed, it should be frequently washed with the following lotion :—

Take of Goulard's extract of lead, half a  
dram  
water, four ounces

mixed : all food of a sharp nature must be avoided.

Ring-worms are occasioned by irritation of the blood in hot weather.

## SHINGLES

Are nearly of the same nature as the ring-worm ; the affected part feels hot, the eruption is very thick, and generally appears about the waist and back, and upon the person becoming warm, occasions an acute pain like the pricking of needles.

Sea bathing at sunrise and sunset is the best treatment ; the bowels must also be kept open with half a pint of sea water occasionally : the diet should be mild. This eruption always proceeds from the heat of the weather, and I have frequently seen it occur by seamen jumping overboard when they are excessively hot, for though sea bathing is the best remedy, it will produce the eruption to bathe when the blood is so heated.

## CHAPS, COMMONLY CALLED CHOPS

Are small *cracks* or divisions in the skin which affect the hands and face: the part affected should be rubbed morning and evening with *olive oil* or hog's lard, and neither exposed to severe cold weather or a burning sun; also avoiding the use of salt water, and keeping as much from the fire as possible.

I have seen persons suffer much from chops in hot climates by exposure to a burning sun, and seamen are subject to them from their hands being constantly wet with sea water.

## ITCH

Is a breaking out of small dry pustules and extends over the whole body, is worse about the joints, but particularly between the fingers; upon becoming warm in bed the itching is intolerable: the bowels should be well opened with an ounce and a half of Epsom salts, and the whole body must be well rubbed with the following ointment twice a day:—

Take of flowers of sulphur, half an ounce  
hog's lard or butter, one ounce

well mixed, and a tea spoonful of the flowers of sulphur given every evening in a little honey, molasses, or water; from the first time of using the application the patient should wear the same clothes without washing till he is cured, and then well washed, first pouring boiling water over them: as no disease is more contagious, the affected person must be kept separate from the rest of the crew.

This disease often arises from filthiness.

## SUNBURN

Rises in small blisters resembling those occasioned from boiling water, and more particularly affects any part of the frame that is uncovered or thinly clad, as the shoulder, breast, face, hands, and feet ; it is very painful : the best treatment is frequently to bathe the affected part with vinegar and water, one part vinegar, and three parts of the latter, and prevent its being exposed to the sun ; if this does not heal, the following ointment should be sparingly rubbed on the sunburn :—

Take of hog's lard, two drams  
Goulard's extract of lead, half a  
dram

well mixed : lemon juice and water (one part lemon juice, and two parts water) is also a serviceable application.

Sunburns are occasioned by the rays of the sun striking on the body in tropical climates ; from which Europeans frequently suffer upon their first arrival.

## LEPROSY OR ELIPHANTIASIS

Has acquired different names, depending upon the place of its attack ; as in Arabia, elephantiasis and Arabian leprosy ; in the West Indies and coast of Guinea it is called the black scurvy ; it is more prevalent amongst the negroes than Europeans, and is very contagious : it first appears with a great number of purple spots inclining to red, then changes to a dark copper colour ; the face is much more affected than any other part : in the space of a few weeks the spots become of a hard scaly appearance, the face and the extremities swell, the hair falls off, and the breath is foetid, the skin cracks, leaving deep hard scars succeeded by foul ulcers, and the limbs frequently mortify and drop off : this is one of the most virulent diseases amongst the whole class which can affect the human system.

When the patient complains the diet should first be regulated, that nothing is eaten salt or sharp,

but every thing mild and nourishing : the following pills must be given for a considerable time :—

Take of antimonial powder, half a dram  
calomel, half a dram  
common soap, half a dram

well mixed and divided into thirty pills of equal size, one to be taken at bed time and two early in the morning ; should they produce uneasiness in the bowels ten drops of *laudanum* must be given ; if the mouth becomes sore, the pills must be reduced from three to two, and from two to one, till the mouth is better, and then be increased again as before : a tea spoonful of *flowers of sulphur* should be taken about noon daily, and the body gently rubbed morning and evening with the following ointment :—

Take of strong ointment of quicksilver, half  
an ounce  
hog's lard, one ounce

well mixed : if the bowels are costive, half a pint of sea water must be given.

Persons afflicted with leprosy shoud immediately be removed to a northern climate, as the heat of

the weather renders the disease so offensive, that it is almost impossible any one can be near the patient : when he is recovering, and is even apparently well, it will be requisite to pursue the foregoing treatment a considerable time to prevent a relapse.

Two negroes have come within my observation upon the coast of Guinea who were afflicted with leprosy, and the limbs actually dropped off from mortification.

At Tangiers on the Barbary coast, I have seen this loathsome disease very prevalent among the Moors, and the legs swollen to an immense size.

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### LEPROSY OF THE GREEKS

Generally commences with stiffness in the arms and legs, the skin becomes rough and covered with scales three or four inches wide, sometimes over the whole body, which is throughout affected with the most intolerable itching ; the hands are chapped

very deep, and so stiff that they are quite useless, the hair falls off but the affected parts do not swell, neither is the breath so offensive as mentioned in the elephantiasis or Arabian leprosy ; the scales or upper skin falls off in great quantities for many days successively, and the skin under is of a copper or brown cast : the patient is often perfectly restored for a few weeks, and then experiences a second attack, which is always preceded by sickness and great itching all over the body ; the nails frequently come off, and are replaced by new ones : sailors in the East Indies often call this disease the *Malabar itch* : if the stomach is much affected with sickness, the following vomit will be found serviceable :—

Take of ipecacuanha, one scruple  
emetic tartar, one grain  
water, three table spoonfuls

mixed and taken at a draught ; plenty of warm water must be drank during its operation : the same medicines and treatment as prescribed in the Arabian leprosy must be continued in this for a considerable time, only observing the difference of the forementioned vomit and the application of blisters, which remain to be spoken of : when the body is perfectly clear the hands generally chap and

remain hard, blisters should be applied to them, which will frequently remove the hard substance and produce a new skin: after the patient is recovered, sea bathing at sunrise and sunset will be found necessary to prevent a relapse

This disease rarely occurs in England, is most common in hot climates, and is desperate in its effects.

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## CARBUNCLE

Is the worst kind of inflammatory tumour, as it frequently mortifies in the space of twenty-four hours; it first resembles a small red pimple of a yellow cast, the skin around is hard, inflamed, and painful; it rapidly increases to the size of a small walnut, turns black, and mortifies, which when *suppurated* or gathered, leaves a deep foul ulcer: carbuncles generally come on the wrists, fingers, and toes, but occasionally on any part of the body.

The moment the patient complains, a linseed poultice should be applied over the whole of the tumour and renewed four times a day, when it breaks the poultice must be changed for oatmeal, and continued till the matter is entirely discharged ; afterwards dressed morning and evening with *yellow basilicon* : when the hollow or cavity is filled up, the dressing to be changed for *Turner's cerate*, the ulcer occasionally touched with *blue stone*, and a bandage applied over as tight as the patient can bear : the following pills should be given :—

Take of calomel, one scruple  
flour, half a dram  
water, a few drops

to mix it and divided into ten pills of equal size, one to be given at bed time and one in the morning ; if they produce uneasiness in the bowels, give twenty drops of laudanum : the diet should be mild, avoiding spirits and food of an acid nature : the bowels to be kept moderately open by taking half a table spoon of *castor oil*.

Tumours of this nature are produced by some internal disorder, and generally accompany pestilential diseases, especially the plague.

## GUINEA-WORM

In appearance resembles a small boil, and like that comes on any part of the body, accompanied with the same throbbing pain; when it breaks a small black speck is observed about the size of a pin's head, which is the end of the fibre, sometimes one, two, and even three feet long; the general mode of extraction is to tie the head to a small roll of adhesive plaster, or bit of lead or wood, and the worm or fibre is daily pulled out and wound round it, carefully observing not to break it; a poultice is applied over the swelling to produce *suppuration* or matter, that the worm may be sooner extracted; when the whole is removed, the sore is healed by dressing with adhesive plaster. Many patients suffering from this disease have fallen under my practice on the *coast of Guinea*, whom I treated in the following manner with invariable success:—as the supposition of a worm really existing under the skin is a gross mistake, the supposed worm or fibre being only a core, differing from that of a common

boil, and it is actually a membrane torn from winding it upon a roller or stick : on the appearance of a boil I applied a large oatmeal poultice as warm as the patient could bear, and renewed it four times a day till suppuration or matter formed ; when the discharge increased I sprinkled a little red precipitate over, and continued the poultice till the core came away and the sore remained clear, then applied *yellow basilicon* spread on lint, and a bandage over moderately tight, which effected the cure, with the addition of the following pills :—

Take of calomel, ten grains  
extract of coloquintida, one scruple

mixed and divided in ten pills, two to be taken at bed time and three early in the morning every third day.

This disease is only supposed to occur on the coast of Guinea, but is very common in Egypt and the East and West Indies.

The prevailing opinion of the production of the guinea-worm is as erroneous as its existence, which is said to arise from drinking stagnated water, that it originates in the stomach, and creeps to different

parts of the body, but it doubtless proceeds from excessive gross living, combined with the heat of the climate to which it is common.

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## P I L E S

Are painful swellings at the fundament, either *internal* or *external*: the internal are most painful, and give more uneasiness in going to stool; when external they vary much in size, being sometimes as large as a nutmeg; they frequently discharge blood which considerably abates the pain, the swelling does not then entirely disappear, and soon again increases to its former size; they are generally soft to the touch, and of a livid colour: let the following ointment be applied morning and evening tolerably thick —

Take of oak gall powdered, half an ounce  
hog's lard, half an ounce

well mixed ; give half an ounce of *castor oil* : should this ointment not succeed, try the following :—

Take of flowers of sulphur, two drams  
hog's lard, two drams

well mixed and applied as the other ; should this also fail, let the following be applied :—

Take of hog's lard, half an ounce  
Goulard's extract of lead, one dram

well mixed : the affected parts should be often cleansed with warm water and soap ; seamen frequently find relief by sitting over a pot of tar in which a hot iron is placed : half a pint of sea water taken occasionally will keep the bowels sufficiently open. If the piles still continue, leeches must be applied if they can be procured, or else one or two small punctures made with a lancet to discharge the blood : should they still prove obstinate, medical assistance will be requisite to destroy them by ligatures or the knife.

Spirits or high seasoned food must be guarded against.

Piles commonly occur from costiveness, also from too great a looseness, and excessive drinking.

Seamen are seldom affected with them, which may be attributed to cleansing themselves after going to stool with tarred oakum.

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### FALLING DOWN OF THE FUNDAMENTAL GUT

Is part of the gut hanging out on going to stool, from one to five inches long, the part should be imminediately returned with the fingers, and the gut previously well oiled ; great care is requisite to do it with gentleness : if this does not succeed, and it is swelled and inflamed from having been long out, the following lotion must be used moderately warm :—

Take of Goulard's extract of lead, one dram  
water, six ounces

it should be applied for six hours with folded rags, the patient should then be laid on his face and

knees, and a second attempt made to return the gut by pressing the end of it with the palm of the hand.

When it is returned, the patient should wear a bandage in the form of a T, one part to go round the body and the other over the fundament between the legs: the bowels must be kept moderately open by occasionally giving half an ounce of *castor oil*.

Persons liable to this complaint will find sea bathing of great service.

It is produced from violent straining when at stool, from the constant use of purgative medicines, and often accompanies dysentery: weak persons are most subject to it.

## OBSTRUCTED RUPTURE AT THE GROIN

Is a part of the intestinal canal protruding from the belly to the groin ; the swelling is larger or smaller according to the length of the gut obstructed, and the patient generally complains of severe pain and hardness of the belly, pain in the loins, hickup, giddiness, constant vomiting, and nothing can be retained in the stomach. This complaint is of a most alarming nature, therefore not a moment should be lost by endeavouring to return the gut with the hand, persevering in the attempt for at least an hour ; let the patient be placed on his back with his head low and his knees upwards ; if it cannot be thus accomplished, try the following mode ;—let the patient be held with his legs upright and the head downwards, that the whole weight of the belly may hang on the gut, gently shaking him : should this also fail, the following lotion must be constantly applied with a folded cloth as cold as possible :—

Take of Goulard's extract of lead, one dram  
water, half a pint

twenty ounces of blood must be taken, and a clyster  
given of

Salt, one table spoonful  
sugar, two table spoonfuls  
sweet oil, three table spoonfuls  
water, one pint

sufficiently warm and mixed together, to be re-peated every two hours: the patient should be put in a tub of warm water, and trial then made to return the gut: a grain of *opium* must be given every eight or ten hours. If perseverance in every method is unavailing, nothing but an operation remains to effect his recovery, which can only be performed by a medical man: should the symptoms have been suffered for six-and-thirty hours before the patient received any assistance, mortification must inevitably ensue.

Trifling as this complaint may appear to seamen in general, it is far more dangerous than is imagined, therefore a ruptured person ought never to go without a truss, which he will see the necessity of wearing, from reading the dangerous consequences of its becoming obstructed.

Ruptures are produced by the most trifling accidents, but particularly violent crying, coughing, or almost any bodily exertion, and frequently laxity of frame. I knew a rupture occasioned through the sudden shock of a ratline breaking under a sailor when going aloft.

In two cases of the foregoing complaint I was under the necessity of performing an operation; one died in consequence of not acceding previous to the parts being mortified, the other recovered with difficulty, as I had much trouble in persuading him to submit to the operation before it was too late.

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### DISEASES OF THE EYE

Are generally of so delicate a nature that it is often requisite to consult a medical man, therefore I shall only write on those which may be successfully treated without further application; as

ophthalmia or inflammation of the eyes, tumours of the eyelids commonly termed styes, and adhesion of the eyelids.

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## OPHTHALMIA, OR INFLAMMATION OF THE EYE.

The symptoms are commonly pain in the eye and dimness of sight, it feels as if sand was between the eyelid and the eyeball, the white of the eye is much inflamed, and the patient feels constantly inclined to rub it, which heightens the pain and inflammation; candle-light increases the symptoms, also the sun shining or strong day-light, and when the inflammation is more severe it is accompanied with pricking pain, swelling of the eye, and the tears so hot as to produce smarting if suffered to fall on the face: the patient has a degree of fever and head-ach.

If the attack is slight the bowels should be well opened by taking one ounce and a half of Epsom salts, the eye constantly bathed with the following lotion, and also frequently washed with cold water.

Take of Goulard's extract of lead, half a dram

brandy, two drams

water, one pint

to be applied with soft rag or lint and kept covered from the light : should this not succeed and the inflammation increase, the patient should lose a pint of blood, a blister be applied behind the ear, and the feet bathed in warm sea water at bed time : the salts must be repeated ; if in winter and snow can be procured, it will be very serviceable frequently applied to the eye ; the diet should be low, avoiding spirits and wine, and the patient should keep in the dark : if the complaint still proves obstinate the bleeding must be repeated, great care taken to keep the bowels well open, and the patient should drink freely of water gruel in which a little nitre is dissolved : the foregoing lotion must be continued with the addition of a dram of *laudanum*, and the blister kept open till the eye is perfectly well, after which a green shade or broad brimmed hat should be worn for some time to prevent a relapse.

When the eye is inflamed from any external substance, as sand, lime, or sawdust getting in, it should be injected with a syringe and warm water; or if from the hairs of the eyelashes, they must be entirely plucked out to prevent their turning in again.

This disease may proceed from internal disorders; if of long duration, it is frequently owing to an old venereal complaint, then it will require mercurial treatment—see venereal disease; it may also be occasioned from some external substance getting in the eye, or the hairs of the eyelashes being turned in, and from straining the eye by too intense application.

This disease is very prevalent in the West Indies from the heat of the climate, and on the coast of Egypt from the *surocco* or south-east winds, where I have seen it very contagious.

## TUMOUR, OR STYE ON THE EYELIDS

Is a small swelling which appears on the eyelids, and varies in size, is red and painful with a small white speck in the middle, occasionally itching and a stiffness is felt surrounding the part affected ; the best mode of treatment is to apply a small bread or oatmeal poultice to bring it to matter or *suppuration* as soon as possible, when the pain and irritation will generally subside ; if it should not break, and the matter can be seen, it must be opened with a lancet or point of a large needle, a little olive oil applied with a feather will then effect a cure.

## ADHESION, OR THE EYELIDS STICKING TOGETHER.

This is a very troublesome complaint, but may easily be subdued with proper attention; it first occasions stiffness of the eyelids and tedious itching at night, they feel as if drawn together with a string, and on looking at the candle a ring appears round it, after sleeping the eyes are generally closed and cannot be opened without previously washing, the eyelashes generally fall off: an ounce of Epsom salts must be taken and the bowels kept well open; the eyelids to be very sparingly rubbed four times a day with a little butter or hog's lard, first washing out the salt, and the eyes must be frequently bathed with cold water: should this not succeed, the following ointment to be prepared and rubbed on as the other:—

Take of hog's lard, one dram  
Goulard's extract of lead, fifteen  
drops

well mixed together, the quantity rubbed on at one time must not exceed the size of a pin's head ; if this is not beneficial, in the space of four days, let the following application be tried :—

Take of strong ointment of quicksilver, half  
a dram  
hog's lard, one dram and a half

mixed together and applied as the other.

This complaint is generally produced from internal causes, and from not keeping the eyes well washed and cleansed : ship's cooks are very subject to it, occasioned from the strong fumes of burning oak wood.

## SPRAINS

Are very painful swellings of the ligaments and tendons of the joints. Slight sprains in the hand or foot are frequently neglected till the part becomes almost useless, which by early attention might have been removed from the application of a tight bandage, and being constantly kept wet with vinegar and water, one part vinegar and three parts water. When the hand or arm is sprained, it should be supported in a sling against the body, as the affected part should remain still: if the bowels are costive, an ounce of Epsom salts should be taken.

If no benefit is derived from the foregoing treatment after three or four days, the sprained part should be held under the pump when the ship is pumped out morning and evening, or dipped suddenly in a bucket of cold sea water; afterwards a tea spoonful of the following liniment well rubbed in morning and evening and a bandage as before directed.

Take of camphor, two drams  
brandy, one ounce

let it be well rubbed till the camphor is dissolved,  
then add one ounce of sweet oil and shake it together ;  
should this not succeed, try the following  
liniment :—

Take of spirit of hartshorn, two drams  
sweet oil, six drams

well shaken and applied as the other.

Sprains are caused from too great exertion in straining the limbs, of which the tendons become relaxed.

## CONTUSION OR BRUISE

Is a hurt on the softer parts of the body accompanied with swelling, and is more or less dangerous depending on the parts injured, as contusion of the head, chest, and *abdomen* or belly are worse than any other: when a bruise is slight the parts should be kept constantly wet with vinegar and water, one part vinegar and three parts water; but if more violent the patient should lose a pint of blood, leeches, if they can be had, must be applied to the contused parts; if not, slight scarifications to be made with a lancet, and vinegar and water applied as before directed; the bowels to be well opened with an ounce and a half of Epsom salts. When contusions happen in the head, great care is necessary to keep the patient as low as possible for a few days: after the inflammation is subdued and the swelling reduced, the following liniment should be applied:—

Take of spirit of hartshorn, one dram  
sweet oil, three drams

well shaken and half a tea spoon rubbed in morning and evening, a roller or bandage applied over moderately tight; the contused part must be kept quiet, dipping it suddenly in a bucket of cold water or dashing a large quantity over it will also prove serviceable: should the foregoing treatment not succeed and a *tumour* or abscess forms, it must be treated as prescribed in suppuration,—see external inflammation.

Contusions or bruises proceed from external violence or blows.

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## GANGLION OR MOVEABLE TUMOUR

Is a slight and moveable swelling on the tendons of the wrist or foot, generally about the size of a pea; the skin does not change colour, is seldom painful, and after remaining some time will frequently go off itself; when it does not, a piece of lead or tin should be laid on, over which a bandage must be applied moderately tight; it is often reduced by hard pressure of the thumb or fingers. This kind of tumour is occasioned by sprains.

## FRACTURES OR BROKEN BONES

May be divided in two kinds ; as simple fracture; when the external part or cover of the bone remains sound; and compound fracture, when there is a wound in the flesh attached to it.

A fracture is generally discovered by examining the parts with the hands ; if both bones of the leg or lower part of the arm are broken it is easily discovered, if only one it is more difficult, particularly if the parts surrounding it are much swollen.

The symptoms of fractures are pain, swelling, a crackling noise is heard on the parts being touched or moved, the limb is useless and distorted. The dangerous nature of fractures requires particular attention.

When any of the large bones, as the thigh, leg, or arm are broken, great care is necessary to replace them in as natural a way as possible, which is

more easily effected if the bones are fractured in the middle than the ends, and will also heal with less difficulty.

If the leg or thigh is fractured the patient should be moved to a cot if it can possibly be procured, as a standing bed place will hurt the limb during the motion of the ship, and a hammock is not straight enough; when so conveniently placed, the fractured part must be carefully examined, for if the bone is only broken across it frequently does not alter the position of the limb, or if only one bone of the leg is fractured, the other generally acts as a splint to keep the broken bone in a proper position. When the bones are broken in an oblique direction the ends frequently pass each other, and the limb becomes much shorter, distorted, and produces more pain; it should rest on a pillow, and under which should be placed a piece of thin board about three feet long and two broad; the patient must be laid on the outer part of the limb with the knee bent, the fracture should then be replaced either by making a little pressure or extending the part but not much, which must be regulated by the form of the sound limb as near as possible: having replaced the bones, great care is requisite to keep them in that position by the proper compression of smooth rags and bandages; a

bandage for a fracture of the leg or thigh must be constructed in the following manner to prevent the limb being moved ;—take *three pieces* of old rag about two feet and a half square, to be sewed together down the middle like the leaves of a book, and then cut *twice at equal distances* to make *eighteen separate tails*, this must be put under the fractured part, and each tail *separately* crossed over, beginning at the bottom : if it is a compound fracture, the nature of this bandage will allow the wound to be dressed without moving the limb ; the bandage must only be applied sufficiently tight to keep the bone firm, and kept constantly wet with *vinegar* and *water*, one part vinegar and six parts water : splints of pasteboard, thick canvass doubled, or thin board should be applied against the bandage on each side the limb : if the leg is fractured, the outer splint must extend from above the knee below the ankle ; if the thigh, above the hip and below the knee : the inner splint must be much shorter, two or three narrow linen straps or tape will be necessary to fasten the splints, the bandage may be wetted without removing the splints ; the foot to be supported with a roller fastened to the pillow, and if rather extended the patient will obtain more ease : the patient should afterwards lose a pint of blood, and live on low diet for about

a fortnight or longer. If any signs of inflammation appear the bowels to be kept moderately open, but if too active it will tend more to disturb the limb when going to stool, which should be done by using a flat bed pan if at hand ; the patient must drink plentifully of water gruel in which a little nitre is dissolved, and on no account attempt to use the limb under seven or eight weeks.

Thirty drops of *laudanum* must be given at bed time if the patient is restless. Fractures of the arm require precisely the same treatment except a long roller may be substituted for a bandage, and the arm supported in a sling.

It is unnecessary to state the cause of fractures.

## FRACTURE OF THE COLLAR BONE

Is very easily perceived by a grating noise at the part when the arm is moved backwards ; the broken bones are generally at some distance from each other, stick upwards, and yield easily to pressure. The best mode of bringing the ends of the bones together is by placing the knee between the shoulders and drawing the shoulders gently back, at the same time pressing on the fractured bone, the ends of which must be kept in contact in the following manner ;—a piece of double folded rag to be laid on the fracture, and a bandage applied *under the arm and round the neck* in the form of the cypher 8, by which the shoulder must be kept back as much as possible, the arm to be suspended in a sling tolerably high, particularly supporting the elbow as that will keep the shoulder constantly up : the parts must be kept wet with vinegar and water, one part vinegar and six parts water ; the patient should keep as quiet as possible and live low for some time ; if the bowels are costive an ounce of Epsom salts must be taken. When the fracture is

attended with much pain and swelling, the patient should lose a pint of blood : if the bones remain in that state, for about three weeks the fracture will be united, but the arm must not be used under five or six weeks.

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### FRACTURE OF THE RIBS

May be ascertained from the pain being seated at that part, on pressure a crackling noise is heard and the bones give way, the patient also complains of pricking pain ; if the fracture has not occasioned any injury to the internal parts of the chest (which may be known on pressure and spitting of blood) the bones may easily be replaced by the patient blowing hard, and afterwards applying a long broad roller or bandage moderately tight round the body ; the parts must be kept wet with vinegar and water, one part vinegar and six parts water : if the patient feels much pain in drawing his breath one pint of

blood should be lost, an ounce of Epsom salts must be given, and the diet very low till the fracture is united, which will be in the space of three weeks ; the patient should afterwards keep quiet for some time.

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## FRACTURES OF THE FINGERS

Are very common and easily cured if proper attention is paid, as they soon unite.

The finger should be stretched out, a bit of lint or rag put round, and splints of pasteboard or thick canvass cut nearly the length of the finger applied under and over with a narrow roller ; the part to be kept wet with vinegar and water, one part vinegar and six parts water ; the hand should be suspended in a sling against the body tolerably high to prevent it swelling and kept quiet for three weeks, when the fracture will be united.

### FRACTURES OF THE TOES

Require precisely the same treatment as fractures of the fingers.

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### FRACTURES OF THE HAND

Require precisely the same treatment as fractures of the fingers, with the difference of broader splints.

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### FRACTURES OF THE FOOT

Require precisely the same treatment as fractures of the hand.

## FRACTURES OF THE NOSE.

When the bones of the nose are fractured, they must be gently pressed with the fingers in their natural form ; if any of the broken part is forced in the nostril, it should be replaced by introducing a thick probe or small black lead pencil pressing it upwards till it is in its natural position ; the situation of this fracture will not require further assistance than a bandage slightly tied over and kept wet with vinegar and water, one part vinegar and six of water. Great care is requisite to prevent sneezing or blowing the nose.

## DISLOCATION, OR THE LIMBS DISJOINTED.

Dislocation may be divided into simple and compound ; when the bone is only displaced, it is called simple ; when accompanied with a wound, it is termed compound.

The symptoms are generally inability to move the dislocated limb, attended with pain, swelling, and deformity, also inflammation and fever if the bone has been dislocated any length of time, with increase of swelling ; care is requisite not to mistake any disease of the joint for dislocation, which though sometimes produced from that cause, I shall confine my observations to those occasioned by external violence.

When a limb is dislocated no time should be lost in replacing it to prevent its swelling, which will make it more difficult to replace.

## DISLOCATION OF THE ARM AT THE SHOULDER JOINT.

Dislocation at this joint is more frequent than any other; severe pain is occasioned upon the slightest attempt to move the arm, which is longer or shorter depending on the direction the head of the arm bone has taken; the bone may either be felt under the arm pit or towards the upper part of the breast; the shoulder will appear flat and hollow; a comparison of both shoulders should be made and the difference will be evident: various ways are recommended to replace this dislocation, but the following method is by far the most preferable and easy;—the patient must sit on the floor or deck, a broad belt composed of a sheet or table cloth to be put round his body, *each end* of which to be given to a *separate assistant*, a long towel to be tied above the elbow, and *each end* also to be given to a *separate assistant*, the elbow must be bent and the arm raised nearly in a right angle with the body, the assistants must likewise sit on the floor or deck, and

those holding the ends of the towel must begin to pull gradually while the others hold sufficiently firm to prevent the body from being moved ; the person who attends the shoulder must put his hand under the arm pit and feel if the bone is drawn past the brim of the socket, if so the assistants must then gradually decrease pulling, and the arm should be slightly moved backward and forward that the bone may slip into its socket, when a crack will be heard, and the pain instantly relieved : the certainty of its reduction may be known by the patient feeling able to lay his hand on his head, which he could not have done before : the arm must be worn in a sling for a few days and the shoulder constantly kept wet with vinegar and water, one part vinegar and six of water ; two or three buckets of water dashed over the joint in a morning will generally assist in restoring it to its former strength.

## DISLOCATION OF THE THUMB or FINGERS.

When the thumb or finger is dislocated it is easily discovered from its being totally useless and deformed : the best mode of replacing it is by an assistant holding the hand while another gradually pulls the dislocated finger in a straight line, when past the socket, to draw it down till it slips into its natural position ; the hand should be kept quiet in a sling for two or three days after.

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## DISLOCATION OF THE TOES.

When the toes are dislocated, the same method must be adopted as directed for the fingers.

## W O U N D S

Are generally divided in several classes; but that I may be plainly understood, I shall simply divide them in incised and contused wounds; the incised are those produced by a sharp or cutting instrument; the contused, by any thing blunt or heavy; gunshot wounds are classed amongst the latter.

The first object of consideration in wounds termed incised is to stop the hæmorrhage or bleeding, upon which the life of the patient depends; when an *artery* of the arm, leg, or thigh is wounded, the bleeding must be stopped by the compression of a temporary *tourniquet* or bandage, to be applied a little above the wound in the following manner;—take a strip of thin *canvass* (or any thing at hand) two inches wide and two yards long, put twice round the limb and tied with a reef knot, under which a piece of stick three or four inches long

should be introduced and turned round like a screw till the blood has ceased to flow: if an artery is wounded, it may be ascertained by the blood constantly gushing out (not flowing gradually) and being of a florid appearance: the wound must be dressed as follows;—the edges brought close together by adhesive plaster cut in slips long enough to extend three or four inches on each side, the number regulated by the size of the wound, plenty of lint or soft rag should be laid on, over which a long roller or bandage applied to confine the dressing; an assistant should then make pressure on the wound while the tourniquet is slackened but not taken off lest there should be necessity for using it again: the wound should not be dressed again for four days, unless in a hot climate, then it must remain only three days, *Turner's cerate* should then be applied sparingly spread on lint or rag and the bandage as before; great caution is requisite not to remove the adhesive plaster till the third or fourth time of dressing. If the patient is costive, an ounce of Epsom salts must be taken and the limb or body kept perfectly quiet; the diet to be low, avoiding wine and spirits, unless the hæmorrhage or loss of blood has been so excessive as to render it necessary. When *fungus* or proud flesh appears it must be touched with *blue stone*.

If the *arteries* of the body are wounded where no *tourniquet* can be applied, the bleeding must be stopped by filling the wound with bits of sponge or dry lint, and pressure made with the hand for some time ; the lint or sponge not to be removed till it separates and can be easily taken out.

Slight wounds will not require a tourniquet, but in other respects exactly the same treatment must be observed.

If a *vein* is wounded, the blood dark coloured, and flows gradually, the use of the *tourniquet* would be injurious.

*Contused wounds* are more painful than incised, always swelled, ragged, and not attended with much haemorrhage ; the edges should not be brought together, but a *cold poultice* applied made with oatmeal and the following lotion :—

Take of Goulard's extract of lead, one dram  
vinegar, two ounces  
water, one pint

the poultice must extend over the swelled parts surrounding the wound, and renewed three or four times during the day : when the wound begins to

discharge unaccompanied with hæmorrhage, the cold poultice should be changed for a warm one, consisting of oatmeal and water, then dressed and attended to as directed in *suppuration*,— see external inflammation.

When a wound is attended with great swelling and pain, a warm poultice of oatmeal and water must be first applied instead of the cold as otherwise directed; the patient must lose twenty ounces of blood, and to be repeated if inflammation ensues. The diet should be attended to as recommended in *incised wounds*,

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## BURNS AND SCALDS

Assume a very different appearance according to the degree of heat or violence by which they are occasioned; if slight, and the skin only irritated, they are easily cured by *instantly* dashing the part affected in cold water, or constantly applying it till the pain and irritation have ceased; if slight blisters

rise they should not be opened at first as is generally recommended, for if the air penetrates it frequently produces an ulcer or sore. When a *burn* or *scald* is more severe it must be constantly kept wet with rag dipped in the following lotion :—

Take of Goulard's extract of lead, two  
drams  
water, half a pint

and the part kept as quiet as possible. If the bowels are costive an ounce of Epsom salts should be given ; strong *spirits* or oil of *turpentine* is also serviceable when immediately applied, but the lotion I have always found the most successful treatment either in *scalds* or *burns* : if the pain is very severe, thirty drops of *laudanum* must be given in a *table spoonful of water* : after the third or fourth day the blisters should be opened, but the skin not removed, and then dressed with the following ointment :—

Take of olive oil, half an ounce  
Goulard's extract of lead, one  
ounce

well mixed together and spread on lint or soft rag with a bandage over moderately tight.

When burns or scalds are so severe as to destroy the flesh from the bone, warm poultices of oatmeal and water should be applied, and then treated as *suppuration*,—see *external inflammation*; and the same treatment will be proper if mortification takes place.

Burns produced from the explosion of gunpowder in the face or any part of the body should have the grains of powder carefully taken out, if any remain under the skin, as they occasion great uneasiness. If *ulcers* arise from a scald or burn when the inflammation is subdued, the part must be dressed with *Turner's cerate* spread on lint or rag, and compression made with a bandage moderately tight: when fungus or proud flesh is observed, it must be touched with blue stone.

The patient must wholly abstain from wine or spirituous liquors.

## EXTERNAL POISON, OR POISONED WOUNDS

Are of different kinds, depending on the poisonous nature of the animal from which it is produced and the climate where it occurs, as in northern climates there is not so much danger from the bites of venomous creatures as in tropical climates: the most formidable and distressing is the bite of a *mad dog*, called *hydrophobia*; not a moment should be lost to destroy the poison from the wound (even if only on supposition of the animal being mad:) many remedies are recommended but should not be trusted to, the only effectual method is to destroy the foundation of the poison and give the following course of medicine:—the part bitten must be entirely cut out with a sharp instrument, and the edges of the wound seared with a red-hot iron, to prevent the smallest particle of poison remaining; afterwards, warm poultices of oatmeal and water to be applied as warm as the patient can possibly

bear to produce a quick and copious discharge of matter or suppuration : the following pills should be given :—

Take of calomel, one scruple  
opium, half a scruple

well mixed and divided in ten pills of equal size, one pill to be taken every four hours ; two drams of *strong ointment of quicksilver* to be well rubbed in on the thighs and arms morning and evening, which, with the medicine, must be continued till the mouth becomes sore and spitting is produced : when matter discharges from the sore, it should also be dressed with the *strong ointment of quicksilver* thickly spread on lint and the poultice continued over it ; this treatment must be pursued for the space of one month, then the wound healed with *Turner's cerate* spread on lint, but the mouth kept sore and slight spitting prolonged for *at least* two months, as hydrophobia has been known to make its appearance five and six months after the bite of the animal : sea bathing is strongly advised, but I would always recommend the foregoing treatment in preference, a trial of which should not be omitted, if the poison was destroyed at first by cutting, neither if the bite has happened some time, nor even when the following symptoms have taken place : the part

bitten becoming tender and inflamed, uneasiness and stupidity, frightful dreams, convulsions, eyes red and watery, pain all over the body, difficulty in swallowing, great thirst, and when liquid is only brought before the patient he appears choked, accompanied with trembling and shivering over the whole body; vomiting bile frequently occurs, attended with great thirst and fever: the last symptoms are raging and foaming at the mouth, spitting at the bystanders, and strong convulsions, as if drawn double: no patient should be given over till the last moment; the mercurial friction should be tried, and the prescribed medicine given while he exists, as there is hope of recovery by perseverance in the foregoing method.

The patient should be kept on very low diet, and no spirits or wine be used.

## BITES OF THE VIPER, SNAKE, AND SERPENT

Are of more importance than generally supposed, as they have frequently proved fatal: no time should be lost, but immediately cut out the part bitten with a sharp instrument; although the poison may not have been infused, yet this precaution is necessary for safety; the following ointment should then be used spread on lint to produce *suppuration* or matter:—a poultice of oatmeal and vinegar as warm as the patient can possibly bear applied over it:—

Take of blister plaister, one dram  
yellow basilicon, three drams

mixed; the following pills to be given:—

Take of calomel, ten grains  
antimonial powder, twelve grains  
common soap, one scruple

mixed, to be divided in ten pills of equal size, two to be given every three hours, and plenty of warm gruel drank afterwards, the body to be rubbed with olive oil, and a tea spoonful to be given every two hours for five days ; this treatment (excluding the oil) to be continued for a fortnight, but if the mouth becomes very sore the *calomel* omitted ; the wound must then be dressed with *Turner's cerate* spread on lint with a bandage over moderately tight.

The patients I have had bit with venomous creatures (when stationed on a foreign coast) I have invariably treated upon a certainty of the poison being infused as here directed, being the only method to prevent the following symptoms, which must otherwise occur,—as swelling of the bitten part, faintness, giddiness, vomiting, a weight on the stomach, difficulty in breathing, convulsions, the patient turns yellow, and the bite soon becomes fatal. The regimen must be low, avoiding spirits or wine.

On the coast of Africa and South America, seamen are often bit cutting wood and watering the ship, therefore they should never lie down, as poisonous reptiles always lurk in woods and long grass.

The sailor's nostrum is to keep a *centipede* in a bottle of sweet oil, which they rub on the bitten part and imagine it an effectual remedy; also music as a charm for the bite of a *tarantula*, but I would advise no one to trust to such expedients.

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#### BITES OF THE MUSQUITO, WASP, AND BEE

Produce nearly the same symptoms; pain, swelling, and inflammation of the surrounding part: the best mode of treatment is immediately to apply vinegar which is generally beneficial, also let it be well bathed with cold water: if this does not succeed, the bitten part should be well rubbed several times a day with a little olive oil. Lemon juice is preferable to vinegar for mosquito bites.

The best mode to prevent mosquito bites in tropical climates is burning orange, lemon, or tobacco leaves previous to going to bed, and persons unaccustomed to those climates should rub themselves all over with lemon juice or vinegar.

## TETANUS

Is a convulsive contraction of the muscles of the neck and jaw, which soon renders the patient unable to open his mouth ; the muscles of the *abdomen* or belly become stiff, accompanied with tightness across the stomach, the pulse generally full ; when the symptoms increase there is great difficulty in swallowing, also in voiding urine, spasms appear all over the body, which is contracted in adverse directions, the head being sometimes drawn back, at other times quite forward upon the chest, and attended with excessive pain if it proceeds from a wounded *nerve* or *tendon*, which must be instantly divided, that is, cut in two with a sharp instrument (if within reach) or otherwise the wound must be considerably enlarged ; lint, dipped in oil of turpentine must be applied, over which a linseed poultice as warm as the patient can bear : the following medicine to be taken :—

Take of calomel, ten grains  
opium, ten grains

mixed and divided in ten pills, one to be taken every two hours; the body well rubbed all over (particularly the spine) with half an ounce of *strong ointment* of *quicksilver* every four hours, and thirty drops of *laudanum* to be given in a spoonful of wine every four hours: if the jaw cannot be opened to receive the medicine, or the stomach is unable to retain it, two drams of laudanum should be given in a clyster with a pint of warm gruel, and repeated every three hours: if the patient does not receive benefit, a warm bath must be tried every four hours, and still persevere in the foregoing treatment; the diet must be low, but a glass of wine given occasionally.

In addition to the mercurial ointment, the following liniment should be rubbed on the arms and legs:—

Take of opium, one dram  
brandy, one ounce

well rubbed together, then add half an ounce of sweet oil, half to be used at one time morning and evening.

When perfectly convalescent the following medicine should be given:—

Take of Peruvian bark, one ounce  
water, twelve ounces  
diluted vitriolic acid, one dram

well shaken, three table spoonfuls to be given every two hours, and if there is any wound, to be dressed with Turner's cerate spread on lint or rag, compressed with a bandage moderately tight: a pint of sound wine taken daily and the diet nourishing: when costive half a pint of sea water is necessary.

This disease is generally produced from wounds in the *tendons* or *nerves*, which in the foot are sometimes occasioned by stepping on nails, and I once saw it caused by a very trifling wound; it is a prevalent complaint in hot climates; with the negroes on the coast of Africa and West Indies it commonly occurs from the bodily system.

## LOCKED JAW

Is a violent contraction of that part of the face, proceeds from the same causes as *tetanus*, and the treatment prescribed for which is equally proper in this ; it also frequently occurs in hot climates,— see *tetanus*.

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## ULCERS

Are sores in the fleshy parts of the body discharging matter or other fluid, and are distinguished by the causes from whence they proceed ; as venereal and scorbutic, of which I shall separately speak in the treatment of those diseases, and now confine myself to ulcers in general, as they may be

occasioned from wounds, bruises, burns, boils, even the slightest scratch or prick of a pin may produce an ulcer of great malignity, therefore much depends upon the mode of treatment in an early stage, as ulcers of long standing take a considerable time to heal.

Common ulcers arising from wounds, bruises, burns, boils, may be treated as follows:—an ulcer should be well washed in lukewarm water, and clean rags and bandage at every dressing; when the surface and edges appear red and healthy it should be dressed with *Turner's cerate* spread on lint, over which a piece of folded rag should be laid and compression made with a bandage moderately tight: if fungus or proud flesh appears above the edges of an ulcer to be occasionally touched with *blue stone*.

When an ulcer is hollow, and foul matter discharged, a little *red precipitate* should be sprinkled over and dressed with *yellow basilicon* in the manner before prescribed: when accompanied with inflammation the bandage should be kept constantly wet with the following lotion:—

Take of Goulard's extract of lead, one dram  
water, four ounces

the bowels must be kept open by giving an ounce of Epsom salts once or twice a week ; the part affected to be kept as quiet as possible : if an ulcer is in the arm it should be hung in a sling, if in the leg, rested nearly even with the body.

When an ulcer does not heal by this mode, the following must be tried ;—strips of adhesive plaster cut long enough to extend three inches on each side of the sore, and the edges brought as near together as possible without creating much pain, and then dressed with dry lint and bandage as before.

In hot climates the ulcers to be dressed both morning and evening.

## SCURVY

Is a disease of a putrid nature, and has produced great fatality amongst seamen.

The general symptoms are extreme indolence, sluggishness, and loss of appetite ; the gums become soft, livid, spongy, ulcerated, and frequently bleed, the breath is very offensive, the legs swell, the countenance pale and bloated, bleeding from the nose, pain, and oppression of the chest, and yellow livid places on the skin, as if occasioned by blows or contusion ; sores and ulcers break out about the body, the tendons of the hams become contracted, which renders the patient unable to walk ; he always feels great dislike to go on deck in the air, and the slightest scratch or prick forms a large ulcer.

The method of curing this destructive malady is very simple and greatly depends on regimen.

When a patient is seized with any of the fore-mentioned symptoms, his diet should be of a vegetable nature (if possible) very little animal food, abstaining from salt meat, if no other can be procured plenty of vinegar must be eat with it ; broth and puddings he may also take : if no vegetables can be obtained *lemon juice* must be substituted, and one ounce taken six times a day, sweetened with molasses or sugar, or *concrete salt of lemon* may be used, then one ounce must be dissolved in a pint of water, and the same quantity given and continued till the patient is restored.

In climates where limes, oranges, and lemons grow, the patient should eat as many as possible, being far preferable to the juice : all kinds of fruit are beneficial, but cannot often be procured at sea ; likewise every sort of sallad, particularly *lettuce* and *celery* ; moderate exercise is also serviceable : a *pint of wine* should be given daily.

The *ulcers* in this disease called *scorbutic*, are of a soft spongy nature, the edges livid, the discharge *fœtid*, thin, and *bloody*, and *fungus* or *proud flesh* rising in the sore, which bleeds on the slightest touch ; the surrounding part is generally bloated, and on pressure with the finger retains the mark for some time ; the whole member is always swoln,

and when the *fungus* or proud flesh is removed, produces great *haemorrhage* or bleeding, and again increases to its former size in a few hours. The ulcer or sore should be dressed with *Turner's cerate* spread on lint before the plaster is put on, to be dipped in *lemon juice*, over which should be laid a piece of folded rag and a bandage applied moderately tight; the *fungus* or proud flesh must be occasionally touched with blue stone. Great caution is requisite not to mistake the sore for a venereal ulcer, as mercury would be highly injurious. When the symptoms of scurvy are removed leaving only an ulcer, the same diet must be adhered to and the following medicine given :—

Take of Peruvian bark, one ounce  
lemon juice, six ounces  
water, six ounces

well mixed, and one ounce to be taken six times a day.

This disease is happily become very rare, but occasionally occurs on long voyages when the ship's crew have only salt provisions to subsist on.

To avoid so dreadful a distemper, a strict compliance should be observed with the rules contained in the preventives annexed to this work.

## PLAGUE

Is the most inveterate of all diseases and attacks in different ways, but generally with loss of strength, heaviness about the head, giddiness, pain, and oppression across the chest, bitter taste in the mouth, great anxiety, and the patient appears speechless, occasionally vomiting acrid matter.

At other times it attacks with delirium, and such extreme weakness that the patient falls down and expires in less than twelve hours.

Sometimes it attacks with alternating sensations of heat and cold, great head-ach, tongue parched and black, great thirst, the pulse feeble, the eyes red and inflamed, the patient is tremulous and soon becomes delirious in the highest degree; a yellow skin and bleeding from the nose and mouth attends the disease in all its stages, and frequently convulsions, also swellings in the glands of the arm pit and groin, generally termed pestilential buboes, which at first are hard and painful, about the size of a pea,

but shortly increase, become inflamed, and of a blue cast, then break and discharge acrid thin matter of a fetid smell. When carbuncles accompany this disease (of which I have spoken under that head) it is a proof the patient is enduring the worst state possible; the deadly pallid countenance alone is sufficient to indicate this disease.

There are various modes of treatment for the plague, but the most efficacious is the following,— upon the patient's first complaining he should be exposed naked to the sun for a short time, or where there is a free current of air, and not taken below till he is restored, and no one allowed to approach him but a necessary attendant; the body to be washed and afterwards well rubbed with flannel, half an ounce of strong *ointment of quicksilver* to be rubbed all over the body three times a day and the following pills given :—

Take of calomel, one dram  
common soap, one dram

let it be well mixed together and divided in thirty pills of equal size, two to be given early in the morning, at noon, and at bed time; if they produce griping, thirty drops of *laudanum* will be requisite in a table spoonful of water: when vomit-

ing ensues two table spoonfuls of neat brandy should be taken and repeated if necessary, the patient must drink plentifully of water gruel, or cold water if he prefers it ; a bottle of sound wine to be given daily, and the diet light and nourishing ; the treatment to be continued till the mouth becomes sore and spitting is occasioned, which must be persevered in for some time.

When the buboes or carbuncles break they are to be dressed with *strong ointment of quicksilver* till the patient becomes convalescent ; the following medicine will be necessary when sweating is produced, which is a favorable symptom :—

Take of camphor, one dram  
brandy, two drams, to dissolve the  
camphor, rub it well  
Peruvian bark, one ounce  
water ten ounces

well shaken together, two table spoonfuls to be given every two hours : when every symptom of the disease is subdued, the bark must be continued but the camphor omitted.

The buboes or carbuncles to be dressed with *Turner's cerate* spread on lint, and compression made with a long roller.

Boiling water should be poured over every article of apparel, well washed, and fumigated with sulphur, previous to the patient wearing them again.

The plague is a disease highly contagious; Egypt and Turkey are now the only countries where it is common, and frequently occurs in the winter season from the wet marshy grounds, also from the dress and filthiness of the Turks, by keeping their habitations close and seldom ventilated.

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## C O L D

Is a complaint so frequently neglected that it often proves the foundation of various diseases: it attacks in different ways, with some of the following symptoms:—head-ach, stoppage of the nostrils, difficulty in breathing, cough, great heat, and dryness of the skin, particularly the hands and face,

hoarseness, watery eyes, smarting and soreness of the nose, breaking out of the lips, the body lax or costive : when a patient is thus affected, he should take the following medicine at bed time :—

Take of antimonial powder, five grains  
nitre, half a dram  
water, one ounce

well mixed : if the throat is affected it should be rubbed with spirits of hartshorn, and a piece of flannel worn round it ; bathing the feet in warm water before going to bed will also be found serviceable : if no benefit is derived from the foregoing treatment, in two or three days the complaint will terminate in some disease, and must be treated agreeable to its nature.

Colds are mostly produced by change of atmosphere, going from heat to cold, or wearing damp apparel, but as the cause is so often imperceptible the greater care is requisite.

## APPARENT DEATH, OR SUSPENDED ANIMATION.

The lives of many valuable seamen who have fallen overboard might have been restored by immediate assistance, as several instances have come within my practice where persons apparently dead have recovered by the following method: one man in particular, on board a merchant ship in Gibraltar bay, where signs of life did not appear till two hours after perseverance in the remedy I shall prescribe:—

The moment a person is picked up he must be laid with his breast over a seat of the boat, his neckcloth untied, and some one holding his head, the froth and slime about his nose and mouth to be immediately wiped off; when brought on board, if in winter he must be taken below and laid on a bed, the room being moderately warm admitting a free current of air, but in the summer he should remain on deck, not more persons attending him than absolutely requisite, be instantly quite undressed, wrapped in a blanket, gently rolling him on the

deck without turning the body over, then laid down with the head rather on one side, his mouth and nostrils must be well cleansed by *injecting* warm water with a syringe, and afterwards the tube of a pair of bellows introduced to the nostrils, giving *one blow* every two or three minutes, while the mouth is kept closed and pressure made at the same time on the breast raising the hand up and down but not *taking it away* when the bellows are withdrawn from the nose, for want of which a *common tobacco pipe* or any kind of *tube* must be substituted, introducing one end into the nostril and blowing hard at the other with the mouth ; this method must be continued for ten minutes or quarter of an hour ; not a moment must be lost in using every means, therefore, while this is performed, some one should open the blanket sufficient to admit of the body being gently rubbed all over with flannel and a little spirits ; this must be continued for an hour after signs of life appear, when the body will become warm, the limbs shivering, and pulsation felt at the heart, sometimes it is accompanied with vomiting in a slight degree : nothing must be given internally till the patient can breathe freely and his strength increases, when a table spoonful of wine should be given and repeated in half an hour, being *very cautious* it does not remain in the throat (as that would be dangerous) which may be

observed by the patient making a rattling noise : in cases not attended with vomiting, the throat should be tickled with a feather to excite it, and warm water should be given.

If the foregoing treatment does not succeed in two hours, try the following :—lay the body over a cask (with the face downwards) gently moving it backward and forward, at the same time trying the friction with a soft brush : tobacco smoke should be blown in the body by means of a common pipe, the tube should be introduced in the fundament, the bowl half filled with lighted tobacco, covering the end of it with rag or something to guard the mouth of the person who blows : this remedy must be continued for six hours till every hope of life is despaired of.

As the patient's strength increases, a table spoonful of brandy in the same quantity of water may be given instead of wine, but stimulants must be very carefully administered.

From whatever cause suspended animation or apparent death proceeds, the foregoing treatment is proper.

## VENEREAL DISEASE

Is one of the most destructive that can affect the human frame, and is productive of the following complaints ;—*gonorrhœa, swelled testicles, phymoses, paraphymoses, chancres, buboes, and warts*, of which I shall treat separately, though all proceed from the same cause, that of coition with an infected person. The nature and prevalence of this disease has induced quacks to publish their nostrums in every town and village, and almost every street, to whose credulity many valuable members of the community have unfortunately listened, and from the baneful effects of the slow working poison have dated the ruin of that invaluable blessing *health*, which by judicious treatment might soon have been restored to its former vigour.

As a naval surgeon, it has fallen within my observation to see numbers of seamen in the prime of life suffering from old venereal complaints resulting from improper treatment.

## GONORRHŒA,

Commonly called *clap*, *running*, or *gleet*, generally appears with itching and tickling at the end of the yard or *urethra*: it is not painful at first, but is shortly attended with heat and pricking pain in making water, generally termed *scalding*; there appears a thin discharge of white matter, which increases as the colour changes to green, yellow, and sometimes is bloody, according to the degree or virulence of the infection: inflammation ensues, and the erection of the *penis* or yard occasions great pain (usually named *chordee*) as if a knife was drawn through the part: it is uncertain what time may elapse before these symptoms occur after coition, as they sometimes appear in a few hours, and at other times not for six weeks, but commonly in three or four days.

The cure of this complaint must be accomplished in the following manner:—the patient's diet should be low, avoiding any thing salt or high seasoned; spirits and wine must on no account be drank; the

parts to be frequently washed with cold water, and an ounce of Epsom salts taken : as much linseed tea must be drank as possible in which a little nitre is dissolved, or water gruel with nitre if linseed is scarce. The following injection to be immediately used as the running appears :—

Take of sugar of lead, one scruple  
water, half a pint

mix them ; a small syringe with a blunt point, holding about half an ounce to be filled and gently introduced in the yard or *urethra*, when the injection is thrown in the urethra to be closed with the fingers for the space of one or two minutes : should it not succeed in two or three days try the following injection :—

Take of white vitriol, half a scruple  
water, half a pint

well mixed and injected as the former after making water.

When the bowels have been well opened by the salts the following medicine to be given :—

Take of nitre, two drams  
gum arabic, one ounce  
water, one pint

mixed together and two table spoonfuls to be taken every two hours.

If the *scalding* is not removed in twenty-four hours after the last injection, let the following be used :—

Take of gum arabic, one dram  
water, two ounces

mixed and used as the other.

When the patient is troubled with a *chordée*, about as much of the following ointment as half a pea must be rubbed on the under part of the *penis* or *yard*

Take of camphor, half a scruple  
brandy, a few drops to dissolve it  
strong ointment of quicksilver, one  
dram

mixed together, and a grain of *opium* taken at bed time

Should the heat or scalding of the water not go off and inflammation increase, the patient must lose a pint of blood, and a syringe full of *olive oil* be injected after making water: the medicine continued as before.

When the inflammation is subdued, the second injection to be used till the disease is cured: the parts should be kept up against the body

The first favorable sign is the discharge becoming thick and the *scalding* going off, which may be effected in three or four days; nevertheless, the injection must be continued for a few days longer.

As swelling of the *prepuce* or foreskin frequently accompanies *gonorrhœa*, cold water or the following lotion must be constantly applied with folded rags:—

Take of Goulard's extract of lead, one  
dram  
water, four ounces

mixed, and the same injected under the skin: when a slight running remains commonly termed a gleet, and all other symptoms are removed, the following pills should be given:—

Take of calomel, one scruple  
opium, half a scruple  
camphor, one dram  
common soap, half a dram

well mixed and divided in twenty pills, one to be taken in the morning and evening. Sea bathing is serviceable in this complaint

Care is necessary in all the injections to dilute them with water if they produce great pain and smarting, and add a *grain* to the given quantities of each ingredient if they excite no pain at all: I never knew the foregoing treatment fail in removing this complaint.

## INFLAMMATION OF THE TESTICLES, GENERALLY CALLED SWELLED TESTICLES,

Commence with pain, which is increased upon the part hanging down, accompanied with hardness and swelling, feels heavy, the surface of the lower part irregular and produces uneasiness as far as the loins ; when occasioned by the sudden stoppage of gonorrhœa or *running*, or from astringent injections, leeches, if they can be had, should be applied to the affected part ; if not, the patient should lose a pint of blood ; an ounce and a half of Epsom salts must be taken, and the testicles kept constantly wet with rags dipped in the following lotion :—

Take of Goulard's extract of lead, one  
dram  
water, four ounces

mixed, and then kept up against the body with a bag suspended to a bandage, commonly termed a bag truss, made in the form of a T and put on behind, two parts to go round the body, the other

between the legs and fastened below the navel on each side of the belt, like the flap of a pair of trowsers. If the salts do not operate, to be repeated, as it is necessary to keep the bowels well open.

Should the foregoing treatment not succeed, as much of the following ointment as the size of a pea must be well rubbed on the part three times a day, and suspended as before :—

Take of camphor, one dram  
strong ointment of quicksilver, half  
an ounce

the camphor to be first rubbed smooth with a little brandy, and then well mixed with the ointment : the diet must be low, avoiding wine and spirits. If the ointment does not produce a favorable change in the space of a few days, the *penis* or yard must be frequently bathed in warm water and injected with warm oil, to procure a return of the discharge or running, or it must be effected by introducing large bougies.

If the swelling is not produced by the running being suddenly stopped, but from an old venereal cause, the ointment should be used as before directed, and a course of *mercury* will be requisite,

which must be taken according to the direction under that head :—see *mercurial course*.

Should the swelling increase, accompanied with a beating pain and cold shivering, there is matter forming ; a warm poultice of oatmeal must be applied and renewed four or five times during the day : when the abscess or tumour is come to a head, it must be opened with a lancet, and the poultice continued till the discharge becomes thick and of a light buff appearance, the sore must then be dressed with *Turner's cerate* spread on lint ; if *fungus* or proud flesh appear, to be occasionally touched with blue stone. During the whole of this disease the patient should remain quiet.

This complaint is generally occasioned from *gonorrhœa* or *clap* being suddenly checked in the discharge, from using injections of too irritable a nature, and from other venereal complaints of long standing.

## PHYMOSIS

Is the foreskin or *prepuce*, being over the *glans* or head of the *penis* or yard, so that it cannot be drawn back, accompanied with swelling and inflammation.

The best mode of treatment is to foment or bathe the parts frequently in warm water; warm poultices of oatmeal should also be applied, and the following lotion injected between the foreskin and the glans by using a syringe:—

Take of Goulard's extract of lead, one  
dram  
water, four ounces

mix it; an ounce of Epsom salts to be taken and repeated if it does not operate: when the inflammation is great the patient should lose a pint of blood, and live low, abstaining from wine or spirits.

If *phymosis* is produced from *chancres* or bad sores on the *glans* or head of the yard, or from chancres on the *prepuce* or foreskin, there is fear of its being materially injured: should it not yield to the foregoing plan, the stricture of the foreskin or *prepuce* must be divided with a sharp instrument or scissars, the whole of it laid open, and the affected part well washed and cleansed with warm water and soap, the sores to be dressed with lint dipped in olive oil, and a bit of lint inserted between the opening to prevent its closing, over which should be applied folded rags, dipped in the prescribed lotion and confined with a bandage.

The patient must be kept quiet and the penis suspended against the body with a proper bandage; for the further treatment of these sores,—see *chancres*.

I have known several instances where persons have neglected them so long that the *glans* or head of the yard has been entirely destroyed.

A course of mercury will also be requisite, for which refer to the treatment prescribed under that head.

This complaint is occasioned from venereal matter corroding between the foreskin and the head of the yard, also from chancres.

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## PARAPHYMOSIS

Is the *prepuce* or foreskin being drawn back or retracted beyond the head of the yard or penis, which is swelled, numbed, and inflamed.

An attempt must be made by gentle pressure with the thumbs to push back the head or *glans*, while the fingers are employed in bringing the foreskin over; if it does not come with a little perseverance, too much pressure must not be made for fear of increasing the inflammation.

The patient must take an ounce of Epsom salts, and repeat it if the bowels are not well opened.

The parts should be constantly kept wet with the following lotion applied with rags as cold as possible :—

Take of Goulard's extract of lead, one  
dram  
water, four ounces

mixed, the diet should be low and no wine or spirits drank ; if this does not afford relief, the patient should sit in a large tub of cold sea water, three or four times a day, and then endeavour to bring the foreskin over, which I have known succeed when every other method has failed ; but should it also prove ineffectual, the patient must lose a pint of blood

If the *prepuce* or foreskin should grow puffy and the swelling increase, it indicates danger of the head of the yard becoming mortified, therefore the stricture must be removed by making an incision on each side *in the prepuce* with a sharp instrument or the edge of the lancet moderately deep, which will cause a copious quantity of blood to be discharged, therefore must not be checked too soon, as it will abate the inflammation ; when the bleeding is stopped the wound to be dressed with *spermaceti cerate* spread on lint, and a cold poultice of oatmeal made, which, with the foregoing lotion, must be applied.

The *penis* or yard to be kept up against the body with an appropriate bandage.

A course of mercury will be necessary :—see *mercurial course*.

This complaint is produced by the stricture of the foreskin or *prepuce* on the *glans* or head of the yard.

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## CHANCRÉ

Is a sore or *ulcer* which sometimes resembles a small pimple or blister, attended with itching at the commencement, and the edges hard, when opened discharging a thin watery fluid, occasionally matter of more consistence.

At other times it appears as if the skin was rubbed, but soon becomes hollow and increases in size ; this affection seamen generally term *chafed*, and

seldom pay attention to it, which neglect commonly produces the confirmed pox. Ulcers of this nature always look dirty till properly treated, but when attended to in an early stage are easily eradicated. They are most common in the *genital* or private parts ; if they appear chafed, it is always in the prepuce, where it adheres to the head of the *penis* or yard : the following treatment should be adopted :

When a chancre is first observed it must be well washed and cleansed with warm water and soap ; if it resembles a small pimple or blister it should be immediately broke and wiped dry with lint, then the whole of the sore well rubbed with *blue vitriol*, (commonly called *blue stone*) till the ulcer partakes of the same colour ; afterwards apply a bit of dry lint, to be washed morning and evening and fresh lint applied : the ulcer will suppurate filthy matter, and when discharged leave a healthy red sore, which must be dressed morning and evening with *spermaceti cerate* spread on lint : an ounce of Epsom salts to be taken and repeated if it does not well operate ; the patient should live low and abstain from drinking wine or spirits : it is very seldom this mode is not attended with success, but should the sore again become foul it must be rubbed with *blue stone* and the same treatment pursued afterwards ; the part to be kept up against the body with a bandage.

Should the chancre not assume a healing aspect, in three days the following treatment will be necessary, which must also be resorted to *at first* if the appearance of the ulcer has exceeded a few days; in either case the patient must adopt a *course of mercury*, for which see treatment under that head.

The ulcer must still be washed twice a day, some *red precipitate* sprinkled over, and dressed with strong *ointment of quicksilver* spread on lint; this dressing continued till perfectly clean, red, and healthy, when a little *calomel* must be sprinkled over and the *red precipitate* omitted, then dressed with *spermaceti cerate* spread on lint; if the sore does not heal, the edges to be touched with *blue stone*.

When the system is affected with *mercury* and the mouth becomes sore, it will heal rapidly: if *fungus* or proud flesh appears, it must be occasionally touched with blue stone.

If chancres are under the *prepuce* or foreskin and it cannot be drawn back (this may be ascertained by smarting and pain arising from pressure, and also from discharge of matter) it must be treated as prescribed in *phymosis* till the skin can be drawn over.

In the Mediterranean, where this complaint is so virulent, I have known a great many instances where the head or *glans* of the yard has been destroyed and eaten away in a few days.

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### VENEREAL BUBO

Is a hard, painful, irregular swelling, red and inflamed, which may arise in any part of the body where there are glands, but most commonly affects the groin

If attention is not paid when it first appears, it will come to *suppuration* or matter, which will leave a *foul ulcer* or sore.

On the first appearance of a bubo, the patient should take a mercurial course of medicine, live low, and abstain from wine or spirits; the swelling must be kept constantly wet with rags dipped in the following lotion:—

Take of sugar of lead, half a dram  
vinegar, one ounce  
water, four ounces

mixed ; an ounce of Epsom salts must be taken previous to commencing the *course of mercury*. Leeches (if they can be had) should be applied on the tumour.

I have often known swellings of this nature disperse after matter was formed without being discharged externally, which is far better ; therefore the foregoing treatment should be persevered in till on the point of breaking ; then, if it will not yield, a warm oatmeal poultice must be applied three times a day and continued till the matter is discharged ; to be dressed with *yellow basilicon* spread on lint and a bandage over tolerably tight.

When the sore looks red and healthy the dressing may be changed for *Turner's cerate* : should the edges or *margin* of the ulcer become hard and callous to be occasionally touched with *blue stone* : if the *middle* of the sore looks foul a little *red precipitate* must be sprinkled on and always washed with soap and warm water previous to dressing ; the patient must remain quiet, but gentle exercise in the open air will be daily necessary, taking care not to catch cold while under a course of *mercury*.

Should the sore not heal and the system be much affected with *mercury*, it must be left off and the prescribed dressing continued to the sore, taking care to touch it occasionally with blue stone, as omitting the *mercury after the system is much affected* will sometimes tend to heal the sore, but this will rarely happen if a mercurial course is resorted to at first.

Wherever buboes make their appearance, they proceed from chancres in the *genitals* or private parts, which might have been so small as not to have been observed, as it is a prevailing, but I think a mistaken, opinion, that they arise without a previous sore

## VENEREAL WARTS,

Frequently arise on the *genital* or private parts, particularly about the inner part of the *prepuce* or foreskin, and round the *glans* or head of the yard or *penis*; if very large, they should be taken off with a sharp instrument or scissars, and the wound dressed with dry lint, being previously touched with *blue stone*: if *pendulous*, or hang with a small bit of skin to the body, they should be tied as tight as possible with waxed thread, by which means they will soon drop off.

When warts are flat, they must be daily touched with *caustic* till they disappear.

Venereal warts are generally the production of *small chancres*.

## VENEREAL ERUPTION.

The skin appears in scabs of a copper colour over the whole body, but more particularly about the breast, neck, and face, (the hands are cracked) and when removed, shortly becomes scabbed again ; it also affects the hair, which falls off or becomes grey.

This complaint must be eradicated by adopting a *course of mercury* in the summer, when sea bathing can be resorted to at the same period : the diet must be low, avoiding spirits and wine.

This complaint is produced from very old venereal affections.

## VENEREAL NODE, OR SWELLING OF THE BONES

Generally appears about the head and shin bones, and is easily ascertained from being very hard, firm, and painful at night when the patient becomes warm in bed; these nocturnal pains commonly attend all venereal complaints of long duration: the safest and only mode of treatment is the *mercurial course*, for which, refer to that head; also the application of *strong mercurial ointment*, to be rubbed on the part affected morning and evening, the quantity of one dram at a time.

Nodes are generally considered to arise from *cold* or rheumatism, when the true cause is *venereal*.

## VENEREAL ULCER.

Having described both the symptoms and treatment of the different venereal complaints, I shall now finish with the most formidable of all, *venereal ulcer*, which requires very similar treatment, and shall define the symptoms as they generally appear, with the exception of *ulcers in the throat*; chancres, of which I have already spoken, may be considered ulcers, but not of so virulent a kind; these I shall now mention are old ulcers situated in the *throat*, *palate*, or bones of the *head*, *shins*, *arms*, and where the bones are thinly covered. They are generally best ascertained from the acknowledgement of the patient himself, although the sores differ greatly from any other in appearance, but persons unacquainted with them may be misled, and therefore great caution is necessary not to mistake them for *any other*.

Venereal ulcers first resemble a red purple swelling, spreading in an irregular form, covered with small pimples, discharging thin watery matter;

shortly the pimples run in one sore or ulcer, the edges grow hard, callous, and hang over the sore, the skin for some distance surrounding it is red and inflamed ; the ulcer grows hollow and narrow at the bottom, and if the bone under is affected, is generally filled with *fungus* or proud flesh.

These ulcers are not so painful as would be imagined from their size ; some time after the discharge becomes thick and tough, of a greenish colour, accompanied with a fetid smell.

No reliance can be placed on the external treatment, as the cure entirely depends on a course of *mercury*, being properly administered, for which, see *mercurial course*.

Previous to dressing the ulcer it should be always well washed with soap and warm water, and then wiped dry ; some *red precipitate* should be sprinkled over and dressed with yellow basilicon spread on lint ; the thick adhesive matter will generally come away after three or four dressings ; when clean, *Turner's cerate* must be used spread on lint, and occasionally touched with *blue stone*.

*Ulcers in the throat* and palate look ragged, the glands are often destroyed or eat away, and when

any liquid is taken it returns through the nose. I have frequently known them so bad as to affect the nose, the bones of which decay and are entirely destroyed, which in the Mediterranean sailors call the *black lion*. A mercurial course is requisite, and the patient should frequently use the following gargle :—

Take of Peruvian bark, one ounce  
water, one pint  
boil it well for ten minutes, strain it, then add  
diluted vitriolic acid, one dram

mixed. If they do not heal they should be fumigated with *calomel*, which must be laid on a piece of tin over fire, and a small funnel or tube held over so that the fume can be drawn in with the mouth ; two drams of *tincture of myrrh* in one ounce of water should also be used for a gargle : the diet to be mild and nourishing, not taking wine or spirits.

This worst kind of ulcer proceeds from the system having been long affected with the venereal taint. They are also the certain consequence of a slight wound or external injury in a person so affected.

The whole class of complaints occasioned from the venereal disease are much more virulent in hot climates: I have known several instances of patients having numerous ulcers of this kind, and even one who had forty-six, all were perfectly cured by the foregoing treatment.

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### MERCURIAL COURSE.

Salivation being generally considered the most effectual cure for venereal disorder, many instances have occurred where patients have actually died from debility, in consequence of the quantity and unskilful use of mercury: The following is a better and more simple mode of gradually introducing a course of *mercury* without injuring the system. Seamen afflicted with buboes often form the erroneous opinion that *mercury* rubbed on the swelling will be serviceable, but ought never to be resorted to, as constant friction on the swelling will increase the *inflammation*.

Dressings of a *mercurial* nature to sores will never eradicate the venereal taint unless the system is affected both by internal and external means ; the latter should be accomplished thus :—

Take of strong ointment of quicksilver,  
one dram

the patient should rub it in himself on the inner part of the thighs every evening till perfectly dry, by which means his hands will partake of the benefit ; if in the winter, it should be done before a fire ; should the thighs become sore, or pimples arise, it must be rubbed on the shins till the thighs are better, and then rubbed there again, previously shaving the hair off them ; one dram is the quantity to be used at one time.

The following pills should be given :—

Take of calomel, one dram  
opium, half a dram

to be well mixed together and divided in sixty pills of equal size, two to be taken at bed time, and one early in the morning : when the mouth becomes gradually sore attended with a coppery unpleasant taste, the gums swell and look inflamed, the edges

near the socket of the teeth white, and slight spitting is produced, the ointment must be omitted and only the pills taken.

Should the mouth become sore very suddenly, both the pills and the ointment must be omitted for a few days (and an ounce of Epsom salts taken) till the affection is removed, and then resumed as before.

If the mouth is affected with a greater degree of soreness than described, only *one pill* must be taken night and morning ; but should the soreness go off, two will be requisite in the morning as well as night, which must be regulated by daily observation.

Slight spitting and the state of the mouth before mentioned must be continued for at least two months, by increasing or decreasing the mercury agreeable to its effects, but on no account too much salivation produced ; it must be gradually left off by first taking *three*, then *two*, and *one* pill each day, every other day one, then every third day, and so entirely relinquished.

Mercury is recommended in different ways, but the foregoing is the safest mode : for want of a fire

in the winter, should a patient not have an opportunity of rubbing in the ointment, the internal treatment *only* will be effectual, though both are preferable, as the effects will be so much more rapid.

The only certain knowledge of the mercury having affected the system is the soreness of the mouth, accompanied with spitting; it frequently happens that venereal ulcers will not heal after the mercurial course has been continued for more than two months as prescribed, notwithstanding the venereal taint is completely subdued; if the mouth has been properly affected, and some other disease is the preventive to the ulcer healing, which must be ascertained (the *mercury* laid aside) and treated as directed under the head to which it belongs.

If the calomel pills produce griping let the following be substituted:—take *twelve grains of the mass in the medicine chest* entitled *quicksilver pill*, made into four pills, two to be taken in the morning and two at night, and reduced or added to as directed in the calomel pills, being designed to produce the same effects.

If either of these kind of pills occasion griping or purging, fifteen or twenty drops of *laudanum* should be given, as one stool a day is sufficient.

When the mouth is very sore that it is necessary to reduce the pills, the following wash should be frequently used to rince the mouth :—

Take of tincture of myrrh, one dram  
laudanum, fifteen drops  
water, four table spoonfuls

mixed: water gruel or barley water should be drank profusely during the course of medicine, and when left off, the following *decoction* given :—

Take of sarsaparilla root, four ounces  
water, one gallon

covered and boiled till reduced to half a gallon, half a pint to be drank four times a day, which may be continued for a fortnight or longer.

The diet should be nourishing, scrupulously abstaining from wine and spirits. Flannel to be worn next the skin.

Warm climates are the most favorable for a mercurial course, as it affects the system sooner, and there is less danger of catching cold.

## DRUNKENNESS.

Having now almost finished my intended task, I shall make a few remarks upon intoxication, which properly speaking may be also considered a disease, which seamen suffer more from than any other cause, it being the foundation of various disorders, and often occasions instantaneous death ; many instances have fallen within my observation of very sudden death, but one particularly remarkable of a seaman who stole some spirits in the night, drank a large quantity neat, and was soon afterwards found dead : I had also a patient who drank a whole bottle of rum, and was nearly undergoing the same fate, but through timely assistance was saved, though he did not recover its pernicious effects for a long time. Many valuable lives have been lost from being drowned through intoxication by falling overboard, therefore it cannot be too much guarded against ; at the same time we daily witness so many instances both on shore and at sea of the dreadful effects of intemperance, that no argument or caution will deter its followers from the bewitching draught.

I shall pass over the symptoms, being so universally known in whatever degree the patient is affected, and proceed to the treatment best calculated to prevent further ill consequences.

A person intoxicated must be made drink plentifully of warm water, the inside of his throat should be tickled with a feather to excite vomiting if possible, and then undressed and placed in an erect position in the air with the head up ; the following clyster must be given, as it is highly requisite to open the bowels :—

Take of common salt, two table spoons

and a pint of sea water, to be injected moderately warm ; two or three buckets of sea water should be suddenly dashed over him, and repeated every hour till he recovers and becomes sensible, when the following mixture must be immediately given at a draught :—

Take of jalap, half a dram

cream of tartar, one dram

water, four table spoons, mixed

Having considered drunkenness a disease, in conformity to the order hitherto observed, I should

state the cause, but like the symptoms (I regret to say) it is too obvious to need explanation, and is neither confined to age, sex, country, or clime.

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## D I E T

Should be particularly attended to, nothing being of greater import, as strictly adhering to it will promote the recovery of the patient.

Before I proceed, I cannot help remarking that a great number of diseases are entirely owing to improper diet; and nothing is more common with seamen after long voyages than to indulge themselves in eating and drinking to excess upon their arrival in port, which is so frequently productive of disorders, therefore I shall *again repeat* the necessity of moderation in living.

I shall give directions for making such dishes as may be prepared from the scanty supply on board more palatable, and separately name what *full*, *half*, and *low* diet should consist of.

## PEA SOUP

Will be more palatable if two or three onions are sliced and fried in butter or hog's lard, the former is best, and a tea spoonful of celery seed boiled in, which quantity will flavor a gallon of soup ; it should be strained, and biscuit fried dry in butter or lard (being previously well soaked :) the soup should be poured over it.

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HASH, COMMONLY CALLED LAP-SCOUS.

Take cold boiled beef that has been well soaked in hot water previous to boiling, and cut in small pieces, with three times the quantity of potatoes, two or three large onions cut small, some pepper,

and a sufficient quantity of water to stew till it becomes as thick as pea soup ; constantly stir it to prevent its burning to ; when done enough a little catsup should be added, which a ship should never be without. This is a very acceptable dish to patients recovering from sickness.

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### MINCED COLLOPS.

“ In short voyages the following mode of preserving beef is recommended :—take raw beef and chop very small, well season it with salt and pepper, then put it in small jars and pour on the top some clarified butter, and tie closely from the air.”

“ When to be used, take the butter off the top, and fry some sliced onions, then stew the onions and meat together with a sufficient quantity of water to make as thick as pea soup. A short time will prepare this dish.”

## MELROE'S SOUP.

"Take of beef suet, six ounces  
Scotch barley, half a pound  
oatmeal, four ounces  
onions, four ounces  
leek seed, a tea spoonful  
celery seed, a tea spoonful

well seasoned with salt and pepper ; add water, one gallon : let the above ingredients (omitting the oatmeal and suet) be well boiled together till the barley is soft, and half an hour before it is done put in the suet and thicken it with the oatmeal, which should be first mixed smooth in a little cold water."

## TO MAKE TAINTED MEAT SWEET.

“Take some strong lie, which is made by pouring boiling water over clean wood ashes; after it has stood sufficient time to settle, that the water may be perfectly clear, boil the meat in it five minutes, or till sweet; afterwards dress it in the usual way. A solution of potash may be used instead.”

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## TO PRESERVE ONIONS

Cut the fibres off close, then sear it with a red hot iron, and run a red hot wire from the top to the bottom of the onion, which will effectually prevent its budding out.

## TO MAKE BEER

One bottle of porter or strong ale should be divided into three parts, a table spoonful of brown sugar added to each, and the bottles filled up with boiling water, to be well shook, and when cold corked close. This is a mild and pleasant beverage for the sick. In hot countries will ripen much sooner than others.

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## BEER

May also be made of sugar cane ; about twenty-five pounds' weight should be bruised before it is put in the copper or kettle, twenty-five gallons of water and half a pound of hops ; let it boil fast for the space of two hours ; when cold, put in a cask and stopped close, in a few days it will be fit to drink. This is a pleasant beverage in hot climates, and is a strong antiscorbutic:

## MOLASSES

"Is an excellent substitute for eggs in puddings."

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## FULL DIET.

When full diet is recommended, it is intended the patient should have a sufficiency of victuals without overloading the stomach: the full allowance of the crew, a pint of cocoa or tea for breakfast, bread, a pint of boiled rice or a pint of broth; if fresh meat can be had, one pound, or a pint of lap-sous, and so forth; and a pint of wine or porter, unless forbidden in the disease.

### HALF DIET.

The half of the full diet, and the same in regard to wine and porter.

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### LOW DIET.

The patient must not take wine, porter, or meat ; his food should consist of bread, rice, sago, and broth, given sparingly.

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### NOURISHING DIET.

By this is always understood the full diet, or anything of a nourishing nature, being careful not to overload the stomach.

## INSTRUCTIONS TO THE APOTHECARY, CHEMIST, OR DRUGGIST.

The chest should be so constructed as a part to lift out with the inside, for the utensils to be placed underneath, which will render it more compact, also as low as possible, to prevent its being upset at sea : the bottles should be of thick glass and low, to prevent their being easily broken ; and the jars very strong : a separate partition for each article, and the medicines proportioned for different numbers of men, according to the following scale, the English names to be marked on one side the bottles and jars, and the Latin names on the other, with corresponding numbers on each label, by which apothecaries, chemists, or druggists in foreign countries must be guided in replenishing them.

## CONTENTS OF THE MEDICINE CHEST.

*English Names of the Medicines.*

*Proportions according to the Number of Men in a Ship.*

No.	MEDICINES.	Thirty-two Men. lbs. oz. dr.			Twenty-four Men. lbs. oz. dr.			Sixteen Men. lbs. oz. dr.			Eight Men. lbs. oz. dr.		
		0	4	0	0	3	0	0	2	0	0	1	0
1	Alum.....	0	1	0	0	0	.6	0	0	4	0	0	3
2	Antimonial powder.....	0	9	0	0	6	0	0	4	0	0	3	0
3	Balsam of copaiva.....	0	12	0	0	8	0	0	8	0	0	4	0
4	Blister plaster.....	0	0	6	0	0	.4	0	0	3	0	0	2
5	Blue stone.....	0	4	0	0	3	0	0	2	0	0	1	4
6	Calomel.....	0	1	0	0	6	0	0	4	0	0	0	3
7	Camphor.....	0	12	0	0	10	0	0	9	0	0	6	0
8	Castor oil.....	0	2	0	0	1	0	0	6	0	0	0	0
9	Compound extract of coloquintida.....	0	2	0	0	1	0	0	6	0	0	0	0

*English Names of the Medicines*

*Proportions according to the Number of Men in a Ship.*

No.	MEDICINES.	Thirty-two Men. lbs. oz. dr.			Twenty-four Men. lbs. oz. dr.			Sixteen Men. lbs. oz. dr.			Eight Men. lbs. oz. dr.		
		0	1	0	0	1	0	0	6	0	0	4	
10	Compound ippecuanha powder.....	0	1	0	0	12	0	0	9	0	0	8	
11	Cream of tartar.....	1	0	0	0	10	0	0	8	0	0	6	
12	Diluted vitriolic acid.....	0	12	0	0	0	0	0	0	0	0	0	
13	Emetic tartar.....	0	0	2	0	0	2	0	1	0	0	1	
14	Epsom salts.....	6	0	0	4	0	0	2	8	0	1	8	
15	Flowers of sulphur.....	2	0	0	1	8	0	1	0	0	0	10	
16	Ginger powder.....	0	6	0	0	4	0	0	3	0	0	2	
17	Gouldard's extract of lead.....	0	4	0	0	3	0	0	2	0	0	2	
18	Gum ammoniacum.....	0	2	0	0	2	0	0	1	4	0	1	
19	Gum Arabic powder.....	0	8	0	0	6	0	0	4	0	0	3	

*English Names of the Medicines*

*Proportions according to the Number of Men in a Ship.*

No.	MEDICINES.	Thirty-two Men. lbs. oz. dr.	Twenty-four Men. lbs. oz. dr.	Sixteen Men. lbs. oz. dr.	Eight Men. lbs. oz. dr.
20	Hog's lard .....	1 8 0	1 4 0	1 0 0	1 0 0
21	Honey.....	1 0 0	0 12 0	0 8 0	0 4 0
22	Jalap powder.....	0 4 0	0 3 0	0 2 0	0 1 4
23	Ipecacuanha powder.....	0 1 4	0 1 0	0 0 0	0 0 4
24	Laudanum.....	0 5 0	0 4 0	0 3 0	0 2 0
25	Linseed.....	2 0 0	1 8 0	1 0 0	1 0 0
26	Magnesia.....	0 4 0	0 3 0	0 2 0	0 1 4
27	Nitre.....	0 10 0	0 8 0	0 6 0	0 4 0
28	Oil of peppermint.....	0 0 0	0 2 0	0 1 0	0 0 1
29	Oil of turpentine.....	0 6 0	0 4 0	0 3 0	0 3 0

*English Names of the Medicines.*

*Proportions according to the Number of Men in a Ship.*

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THE MARINER'S

No.	MEDICINES.	Thirty-two Men. lbs. oz. dr.	Twenty-four Men. lbs. oz. dr.	Sixteen Men. lbs. oz. dr.	Eight Men. lbs. oz. dr.
30	Olive oil.....	1	0	0	0
31	Opium.....	0	1	0	0
32	Peruvian bark powder.....	2	8	0	4
33	Prepared kali.....	0	8	0	0
34	Quicksilver pills*.....	0	4	0	0
35	Rcd precipitate.....	0	0	2	0
36	Rhubarb powder.....	0	4	0	0
37	Spirit of hartshorn.....	0	4	0	0
38	Spermacti cerate.....	1	0	0	0
39	Strong ointment of quicksilver.....	1	6	1	0
				6	12
				0	0
				0	10
				0	0

\* Quicksilver pills are to be prepared as follows:—take of purified quicksilver, two drams; conserve of rose, three drams; liquorice, finely powdered, one dram:—rub the quicksilver with the conserve until the globules disappear, then add the liquorice powder, and mix them together.

*English Names of the Medicines*

*Proportions according to the Number of Men in a Ship*

MEDICAL GUIDE.

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No.	MEDICINES.	Thirty-two Men. lbs. oz. dr.	Twenty-four Men. lbs. oz. dr.	Sixteen Men. lbs. oz. dr.	Eight Men. lbs. oz. dr.
40	Sugar of lead.....	0 4	0 0	0 0	1 4
41	Sweet spirit of nitre.....	0 5	0 0	0 3	2 0
42	Tincture of muriated iron.....	0 2	0 0	1 4	0 6
43	Tincture of myrrh.....	0 4	0 0	0 2	0 2
44	Tincture of squill.....	0 3	0 0	0 2	0 4
45	Turner's cerate.....	1 0	0 0	0 12	1 0
46	White Vitriol.....	0 2	0 0	1 4	0 4
47	Water of ammoniæ.....	0 4	0 0	0 3	0 1
48	Yellow basilicon.....	1 0	0 0	10 0	4 0
49	Concrete salt of lemon.....	0 5	0 0	4 0	2 0

*ENGLISH NAMES.*

*Proportions according to the number of Men in a Ship.*

	Thirty-two Men.	Twenty-four Men.	Sixteen Men.	Eight Men
Adhesive or diachylon plaster	Two yards by half	One yard and a half by half	One yard by half	Three quarters of a yard by half
Lint.....	Ten ounces	Eight ounces	Six ounces	Four ounces
Tow.....	One pound	Ten ounces	Ten ounces	Ten ounces

## UTENSILS APPERTAINING TO THE MEDICINE CHEST.

A case, containing small scales and apothecaries' weights.

A glass measure, graduated from half a dram, up to one ounce.

A small pewter funnel.

A small Wedgewood's mortar and pestle.

A small bolus knife.

Two lancets in a case.

Two small pewter syringes.

An armed pipe and bag to administer a clyster, and spare bag.

A tile to roll pills on.

A pair of strong sharp pointed scisssars.

An elastic catheter.

Six bougies of different sizes

A half sheet of pins

Some old linen rag.

## NECESSARIES FOR THE USE OF THE SICK

Of which any quantity may be taken that the owner or captain of the ship thinks proper for the number of men on board.

Rice,—sago,—pearl barley,—lemon juice,—tea, sugar,—portable soup,—wine,—porter,—brandy, and vinegar.

## CONTENTS OF THE MEDICINE CHEST.

## *Latin Names of the Medicines.*

*Proportions according to the Number of Men in a Ship.*

No.	FORMER AND NEW NAMES.	Thirty-two Men.			Twenty-four Men.			Sixteen Men.			Eight Men.		
		lbs.	oz.	dr.	lbs.	oz.	dr.	lbs.	oz.	dr.	lbs.	oz.	dr.
1	Aluminis purificatio.....	0	4	0	0	3	0	0	2	0	0	1	0
2	Pulveris antimonialis.....	0	1	0	0	0	6	0	0	4	0	0	3
3	Balsamum; copaiva.....	0	9	0	0	6	0	0	4	0	0	3	0
4	Emplastrum Lyttæ, oīm Emplastrum cantharidis.....	0	12	0	0	8	0	0	8	0	0	4	0
5	Cupri sulphatis, oīm Cupri vitrioli.....	0	0	6	0	0	4	0	0	3	0	0	2
6	Hydrarygi sub muriatis, oīm Calomej	0	4	0	0	3	0	0	2	0	0	1	4
7	Camphoræ.....	0	1	0	0	0	6	0	0	4	0	0	3
8	Olei ricini.....	0	12	0	0	10	0	0	9	0	0	6	0

*Latin Names of the Medicines*

*Proportions according to the Number of Men in a Ship.*

No.	FORMER AND NEW NAMES.	'Thirty-two Men.			'Twenty-four Men.			'Sixteen Men.			Eight Men.			
		lbs.	oz.	dr.	lbs.	oz.	dr.	lbs.	oz.	dr.	lbs.	oz.	dr.	
9	Extracti colocynthides compositi, <i>olim</i> Extracti colocynthide cum aloë.....	0	2	0	0	1	0	0	6	0	0	0	0	4
10	Ipecacuanhæ pulveris compositi .....	0	1	0	0	1	0	0	6	6	0	0	0	4
11	Potassæ supertartratis, <i>olim</i> Cremor tartari pulveris.....	1	0	0	0	12	0	0	9	0	0	8	0	
12	Acidi sulphurici diluti, <i>olim</i> acidi vitrioli-ci diluti.....	0	12	0	0	10	0	0	8	0	0	6	0	
13	Antimonii tartarizati.....	0	0	2	0	0	2	0	0	1	0	0	1	
14	Magnesia sulphatis, <i>olim</i> Magnesia vitriolata.....	6	0	0	4	0	0	2	8	0	1	8	0	

## Latin Names of the Medicines

## Proportions according to the Number of Men in a Ship.

No.	FORMER AND NEW NAMES.	Thirty-two Men. lbs. oz. dr.			Twenty-four Men. lbs. oz. dr.			Sixteen Men. lbs. oz. dr.			Eight Men. lbs. oz. dr.		
		2	0	0	1	8	0	1	0	0	0	10	0
15	Sulphuris sublimati, oīm Flores sulphuris.....	0	6	0	0	4	0	0	3	0	0	2	0
16	Zingiberis radicis pulveris, oīm zinziberis pulveris .....	0	4	0	0	0	0	0	2	0	0	2	0
17	Liquoris plumbi acetatis, oīm Aqua lithargyri acetatis.....	0	4	0	0	3	0	0	2	0	0	1	0
18	Gummi ammoniaci.....	0	2	0	0	2	0	0	1	4	0	3	0
19	Gummi acaciae, oīm Gummi Arabicæ.....	0	8	0	0	6	0	0	4	0	0	1	0
20	Adipis preparatæ, oīm Adipis suillæ.....	1	8	0	1	4	0	1	0	0	0	1	0
21	Mel.....	1	0	0	12	0	0	8	0	0	0	4	0

*Latin Names of the Medicines      Proportions according to the Number of Men in a Ship.*

No.	FORMER AND NEW NAMES.	Thirty-two Men. lbs. oz. dr.			Twenty-four Men. lbs. oz. dr.			Sixteen Men. lbs. oz. dr.			Eight Men. lbs. oz. dr.		
		lbs.	oz.	dr.	lbs.	oz.	dr.	lbs.	oz.	dr.	lbs.	oz.	dr.
22	Jalapæ radicis pulveris, <i>olim</i> Jalappii pul- veris.....	0	4	0	0	3	0	0	2	0	0	1	4
23	Ipecacuanha radicis pulveris, <i>olim</i> Ipeca- uhanæ pulveris.....	0	1	4	0	1	0	0	0	6	0	0	4
24	Tincturæ opii.....	0	5	0	0	4	0	0	3	0	0	2	0
25	Lini semenis, <i>olim</i> Seminis lini.....	2	0	0	1	8	0	1	0	0	1	0	0
26	Magnesiaæ carbonatis, <i>olim</i> Megnesiaæ alba.....	0	4	0	0	4	0	0	2	0	0	1	4
27	Potassæ nitratæ purificatæ, <i>olim</i> Nitri- purificatæ .....	0	10	0	0	8	0	0	6	0	0	4	0

*Latin Names of the Medicines*

*Proportions according to the Number of Men in a Ship*

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No.	FORMER AND NEW NAMES.	Thirty-two Men. lbs.      oz.      dr.			Twenty-four Men. lbs.      oz.      dr.			Sixteen Men. lbs.      oz.      dr.			Eight Men. lbs.      oz.      dr.		
		0	0	2	0	0	1	0	0	1	0	0	1
28	Olei menthae piperatae, <i>olim</i> Olei menthae piperitae.....	0	6	0	0	4	0	0	3	0	0	3	0
29	Olei terebinthinae.....	1	0	0	0	10	0	0	8	0	0	4	0
30	Olei olivæ, <i>olim</i> Olei olivarum.....	0	1	0	0	0	6	0	0	4	0	0	2
31	Opii colati.....	2	8	0	1	4	0	1	0	0	0	0	1
32	Cinchonæ lancifoliae corticis pulveris, <i>olim</i> cinchonæ pulveris.....	0	8	0	0	6	0	0	5	0	0	4	0
33	Potassæ subcarbonatis, <i>olim</i> kali preparati	0	8	0	0	3	0	0	2	0	0	1	4
34	Pilulæ hydrargyri*.....	0	4	0	0	0	0	0	0	0	0	0	0

\* Formulae pilulæ hydrargyri recipere hydrargyrus purificatus, drachmas duos; conserva rosa, drachmas tres; pulvris glycyrrhiza, drachmas unam;—miscè.

*Latin Names of the Medicines.*

*Proportions according to the Number of Men in a Ship.*

No.	FORMER AND NEW NAMES.	Thirty-two Men.			Twenty-four Men.			Sixteen Men.			Eight Men.		
		lbs.	oz.	dr.	lbs.	oz.	dr.	lbs.	oz.	dr.	lbs.	oz.	dr.
35	Hydrarygi nitroci oxydi, <i>olim</i> Hydrarygi nitratii rubri.....	0	0	2	0	0	1	0	0	1	0	0	1
36	Rhei radicis pulveris, <i>olim</i> Rhabarbari pulveris.....	0	4	0	0	3	0	0	2	0	0	1	4
37	Liquoris volatilis cornu cervi.....	0	4	0	0	3	0	0	2	0	0	1	4
38	Unguenti cerae.....	1	0	0	0	10	0	0	8	0	0	6	0
39	Unguenti hydrargyri fortioris.....	1	6	0	1	0	0	0	12	0	0	10	0
40	Plumbi superacetatis <i>olim</i> cerussæ acetatae	0	4	0	0	3	0	0	2	0	0	1	4
41	Spiritus ætheris nitrici, <i>olim</i> Spiritus ætheris nitrosi.....	0	5	0	0	4	0	0	3	0	0	2	0

*Latin Names of the Medicines.*

*Proportions according to the Number of Men in a Ship.*

No.	FORMER AND NEW NAMES.	Thirty-two Men. lbs. oz. dr.			Twenty-four Men. lbs. oz. dr.			Sixteen Men. lbs. oz. dr.			Eight Men. lbs. oz. dr.		
		0	2	0	0	3	0	0	2	4	0	2	0
4.2	Tincturæ ferri muriatis.....	0	4	0	0	0	0	0	1	0	0	0	6
4.3	Tincturæ myrræ.....	0	3	0	0	2	0	0	1	4	0	1	0
4.4	Tincturæ scillæ.....	0	0	0	0	0	0	0	1	4	0	1	0
4.5	Cerati calaminiæ, <i>olim</i> Cerati lapidis calaminaris .....	1	0	0	0	12	0	0	8	0	0	4	0
4.6	Zinci sulphatis, <i>olim</i> Zinci vitriolati.....	0	2	0	0	1	4	0	1	0	0	0	4
4.7	Aqua ammoniæ puræ, <i>olim</i> Liquoris ammoniæ .....	0	4	0	0	3	0	0	2	0	0	1	0
4.8	Cerati resinae, <i>olim</i> Unguenti resinæ flavae .....	1	0	0	0	10	0	0	6	0	0	4	0
4.9	Acidi citrici.....	0	5	0	0	4	0	0	3	0	0	2	0

LATIN NAMES.

*Proportions according to the number of Men in a Ship.*

	Thirty-two Men.	Twenty-four Men.	Sixteen Men.	Eight Men
Emplastrum (adhaesivum) ly-thargyri cum resina	Two yards by half	One yard and a half by half	One yard by half	Three quarters of a yard by half
Linatum .....	Ten ounces	Eight ounces	Six ounces	Four ounces
Linen .....	One pound	Ten ounces	Ten ounces	Ten ounces

UTENSILS APPERTAINING TO THE MEDICINE CHEST,

See page 319.

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